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WHAT TO EAT, AND HOW TO COOK IT

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WITH RULES FOR

PRESERVING, CANNING AND DRYING FRUITS AND VEGETABLES

By JOHN COWAN, M.D.
AUTHOR OF "THE SCIENCE OF A NEW LIFE," ETC.

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PREFACE.

TO LIVE a sweet, healthy life implies the use of simple, nutritious food, cooked in a plain, simple manner, and as nearly in its natural relations as possible.

A ripe, mellow apple, and a biscuit made of unbolted wheat meal and water only, represents, when eaten and digested, every constituent required in the nourishing and building up of the body.

Pure blood, firm tissue, clear brain, perfect health, and enjoyable life, would—could not help—resulting from the use of such plain, simply-prepared food.

But the great majority of people do not and will not believe this, else there would not be such a demand for the cooking receipts in fashion, and other magazines, and papers, and cook-books. And such receipts—such conglomerate mixtures

—grains, fruits, flesh, grease, spices, minerals, mixed in all shapes, in all measures, under all conditions, and which, if swallowed by human beings—and it is presumed they must be, as no animal certainly would touch them, excepting, perchance, the hog—cannot possibly otherwise result than in impure blood, flabby muscles, clogged brain, and a sickly and unenjoyable life.

No matter what the department involved in living, the further we get away from the simple, just so far do we get away from Nature, and the true laws that govern our mundane existence.

J. C.

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WHAT TO EAT, AND HOW TO COOK IT.

WHEAT AND ITS PREPARATIONS.

Of the very many articles and varieties of food used by the human family, Wheat, in some of its preparations, is pre-eminently the best, cheapest, and most nutritious. A grain of plump, sound wheat contains within it *every element* demanded by the body for its renewal and growth. For this reason it should enter largely into the supplies required for our every-day wants. The greater the proportion (when used as herein mentioned), the better will health be preserved and sickness prevented.

Of the several varieties of wheat, the best known and cultivated are usually called *Winter Wheat* and *Spring Wheat.* The difference in the composition of each, according to Pereira, is as follows:

	Winter or Hard Wheat.	Summer or Soft Wheat.
Starch - - - - -	56.5	62.00
Gluten, - - - - -	14.55	12.00
Sugar, - - - - -	8.48	7.56
Gum, - - - - -	4.90	5.80
Bran, - - - - -	2.30	1.20
Water, - - - - -	12.00	10.00
	98.73	98.56

The best wheat for the purpose of bread-making is the hard, winter variety, the berries of which are plump and sound. To make of this perfect bread, it should first be thoroughly cleansed from dust, cockle, smut, chaff, etc., etc. Washing the wheat and thoroughly drying it involves considerable labor, but is an effective way of cleaning it. It should then be ground on *sharp* stones, so as to *cut* the grain instead of mashing it. When the mill fails to cut the grain into fine particles, good bread can never be made from it.

The bran should never be separated from the rest of the grain, by bolting or otherwise, for the doing of this greatly lessens its nutritive value; and it should be understood that the finer and whiter the flour is, the lower is its nutritive value. The part of the wheat that is discarded by bolting holds the phosphate of lime, silica, iron, etc.—materials that are essentially required in the building up of the bones, muscles, nerves, brain, etc., while the woody fibre of the bran serves by its bulk and stimulating action to facilitate digestion. No per-

son regularly using unfermented bread, made from unbolted flour, ever suffered from indigestion, costiveness, or piles.

It has been stated by an English chemist that bread made out of wheat meal, the bran in part sifted out by a common meal-sieve, contains the elements of—

Muscle, - - - - - - - - - -	160 pounds.
Fat, - - - - - - - - - -	30 "
Bone, - - - - - - - - - -	175 "
Total, - - - - - - -	365 pounds.

Whereas fine flour contains the elements of—

Muscle, - - - - - - - - - -	130 pounds.
Fat, - - - - - - - - - -	20 "
Bone, - - - - - - - - - -	60 "
Total, - - - - - - -	210 pounds

leaving a balance in favor of the whole flour of 153 pounds, the fine having lost just that amount of nutrition out of 1,000 pounds. In addition to this there is a loss of from five to seven per cent. when the bread is fermented. Chemical analysis and experience attest the fact that eighty bushels of wheat coarsely ground, and made into unleavened bread, will sustain one hundred men as long, and in a better condition, than can one hundred bushels finely ground, bolted and fermented.

It is a question whether fermented bread made from fine flour, and used entirely as an article of

diet, would support human life for any length of time. Those who uphold this kind of bread as the "staff of life," would do well to try its exclusive use for a season. They would find that it would not be long ere they would take a thorough repugnance and loathing to it, and if they were so placed as to be prevented from using any other kind of food, they would after a time die—die surrounded with this factitious "staff of life; for it has been proven by experiment on animals by Majendie and others that bread made from fine flour will not sustain life more than a month, but when the animals were fed exclusively upon whole wheat-meal bread they lived and thrived.

The use of flour made into bread from which the bran has been removed is especially noticeable in its effects on the bony structure of the body, and is the prime cause of bad teeth, rickets, and other deformities of the bony framework. This has been demonstrated by experiment; for M. Chossett, a learned and careful French physiologist and chemist, fed a number of pigeons exclusively on wheat from which every particle of the covering or shell had been removed. He found that this diet answered well enough for three months, after which diarrhea set in, and the birds died between the eighth and tenth month; but the most remarkable point in the experiment related

to the bones, which became exceedingly thin and fragile. One bird was found with both the thigh and large bone of the leg fractured; and examination after death showed that the bony tissues had disappeared from many parts of the breast bone.

Modern "progressive civilization," not satisfied with excluding the bran of the wheat, yet further lessens the nutritive value of the flour by fermentation. The fact has been attested by chemists whose ability and standing cannot be gainsayed, that leaven as used in bread-making is "living rottenness," and if fermentation should be allowed to proceed the dough would all be destroyed. M. Pasteure, a French chemist, says: "We must accept the fact that fermentation is neither more nor less than the growth and propagation of animalculæ;" and Prof. Stillman, of Yale College, has ascertained that minute animals carry on and are themselves the process of fermentation—that they eat, dung, propagate and die in the dough.

The process of fermentation, or rather putrefaction, of which these animals are the origin and cause, commences the moment the yeast is added to moist flour, and if it is not checked at the proper time by the action of heat, there results a soggy, sour, putrid mass.

Dr. F. F. Sanger, in the London *Lancet*, says:

"Bread made in the usual way, with yeast, has the first principles of fermentation, decomposition and putrescence commenced in it, and when taken into a stomach in which, from disease or the weakness of infancy, the gastric juices are not sufficiently powerful to arrest the fermentive process, it becomes a source of discomfort, flatulence, diarrhea, etc. On the contrary, the ærated bread, being vesiculated or lightened by the mechanical action of the fixed air or carbonic acid gas, has none of the putrefactive elements in its composition. It is therefore easily digested and assimilated, and may be eaten quite new by the dyspeptic, without feeling any of the discomfort which new leavened bread generally produces upon all but the most vigorous stomachs."

Baking powders, saleratus, soda powders, cream of tartar, yeast powder, etc., adulterated as they usually all are, are equally as unhealthful, when employed in bread-making, as yeast, if not more so.

The so-called scientific baking powder of a New England professor, the reputed ingredients of which are supposed to restore to fine flour the phosphates lost in bolting, is in close harmony with many other of the medical absurdities of the age. The swallowing of "phosphates" in the shape of powders has no virtue, but invariably

do harm, for unless they pass through Nature's laboratory and be subject to her manipulations, they are void of good to the human organism. The only way, and the shortest, safest, and most infallible method of giving strength to the body, bones and brain, is to eat and digest bread made out of the *whole* grain, whether of wheat, corn, rye or oats, and not by discarding their coverings, and substituting therefor Prof. Horsford's powders, or other mineral poisons.

Preliminary Requirements for Making Good Bread.

The requirements necessary to the making of sweet, nutritious, unfermented bread are: 1st. That the grain be sound and clean, that it be ground on *sharp* stones, and that it be *freshly* ground. Unbolted flour, as usually sold in the stores and mills, is very apt to be made from an inferior quality of wheat, with all the chaff, smut and dirt ground together. Sometimes fine flour is mixed with "shorts" and sold as fresh unbolted flour. When, through the dishonesty of the miller or dealer, the pure, fresh, finely ground unbolted flour cannot be had, a hand mill (such as are specially made for the purpose) should be secured. By the use of one of these hand mills and

clean sound wheat, an excellent quality of flour can always be secured, and it can be ground just before baking; in this way perfect freshness and sweetness—a prime requirement in good bread—can always be secured.

To make bread from the following receipts—as well, in fact, as in making *all* the preparations for which receipts are furnished in these pages—requires good judgment and tact, but especially patience and perseverence. Do not be discouraged at first failures, for with constant practice success will come.

The pans used for making unleavened bread, biscuit, gems, etc., are of cast iron, and contain in a set about a dozen cups, each holding a cake. They are also made of tin, a dozen in a set wired together, but the cast iron pans are greatly superior. They can be purchased in almost any hardware store.

To prepare the pans for use, grease them well with butter or olive oil, after which place them in a moderately hot oven for half an hour; then drain out the grease and clean dry, when it will be ready for use. No further greasing is necessary, if, after using, the pans be *wiped dry*, never *washed*, and kept in a dry place, free from dust. The pans after a time will be smooth as marble, and no trouble will result from sticking. Iron pans

should always be heated before putting in the batter.

All reference to flour in the following pages will be understood as applying *only* to the unbolted, made from whole grain, or, as usually termed, that known as Graham flour.

1. Dr. Bellows' Ideal Loaf.

Bread—light, sweet, delicious, and eminently wholesome—may be made by mixing good unbolted wheat meal with cold water, making a paste of proper consistence, which can only be determined by experiments, pouring or dropping it quickly into a heated pan (that with concave departments is best), and placing it quickly in a hot oven, and baking it as quickly as possible without burning. The heat of the oven and pan suddenly coagulates the gluten of the outside, which retains the steam formed within, and each particle of water being interspersed with a particle of flour, and expanded into steam, separates the particles into cells, and being retained by the gluten, which is abundant in this natural flour, till it is cooked, the mass remains porous and digestible, and containing no carbonic acid gas, is wholesome when eaten immediately, and of course equally so when becoming cold.

2. Mrs. Johnson's Best Bread.

The first requisite is good white winter wheat, such as is raised abundantly in the Middle, Western and Southern States. If any families are unable to procure this, we know by trial that very good bread that tastes quite as well, though it is not so nice, can be made from spring wheat, such as is raised in New England, and in many localities not considered favorable to wheat growing.

It is well to bake the cakes early in the morning, or just after the stove has been cleaned of ashes, as then less wood and less heat in the room will make the oven hot. Enough bake beans of the right form should be procured to fill the floor of the oven, so as to economize heat and time. All things being in readiness, flour may either be sifted from the hand into cold water, and mixed with it with a spoon until the latter is of a consistence a little firmer than for griddle cakes, or so firm as can be just poured from the spoon; or the flour may be put dry into the mixing pan and water poured to it. After heating the pans fill them even full with the batter, and immediately place in a hot oven. About twenty minutes will suffice to brown them nicely, when they should be taken out of the cups, carefully set so as not to touch each other, on a plate or board to cool, when they are ready for the table. Whoever has any appreciation of good food, and has once become accustomed to this light, sweet, unfermented bread, will deem it indispensable.

3. Mrs. Trall's Premium Bread.

Mix unbolted meal of any grain preferred, or a mixture of two or more kinds, in any proportions which may be preferred, with pure water, either cold or hot.

If cold water is employed, the meal and water should be mixed to the consistency of thick batter; then beaten or stirred a little with a spoon or ladle to incorporate more atmospheric air; after which more meal is to be added, until the mass is as stiff a dough as can well be kneaded. Knead the dough for a few minutes (and the more the dough is kneaded the more brittle and tender the dough will be); cut into pieces or cakes half an inch or three-quarters of an inch in thickness and about two inches in diameter, and bake in a quick oven—as hot as possible without burning the crust, which must be carefully guarded against. It is better to moderate the heat of the oven a little after three or five minutes. If hot water is used it should be BOILING hot, and the meal and water stirred together very quickly with a strong spoon to the consistency of dough—not quite so stiff as that for an ordinary loaf of bread made of fine flour. It is then to be cut into pieces or cakes and baked as above. Either form of bread may be made into larger or smaller cakes, or into loaves of any convenient size to bake, and baked in a gas, wood, or coal stove, or in an oven; and the crust may be rendered as soft and tender as may be desired by enveloping the cakes or loaves a short time in wet cloths immediately on being taken from the oven. The small cakes, when made with hot water, will soon become tender by being kept in a covered earthen crock as even the toothless can desire, or they may be rendered as hard and solid as the soundest teeth can require by leaving them uncovered and in a dry place.

4. Unbolted Wheat Bread.

Wet, with hot or boiling water, pure unbolted wheat meal; use a strong spoon or stick to stir with; as it cools, knead it a little with the hands; make this dough into rather small biscuit or rolls; rub them over well with dry flour; prick them to prevent blistering, and bake about twenty minutes in a HOT oven, or they will be equally light cooked in hot steam, thus avoiding a crust which is an objection to persons who have poor teeth. When a day or two old, if they are simply dipped in water, and put in a hot oven a few minutes, they will be as good as new. This bread should begin to cook with a brisk heat; the latter part need not be so intense.

5. Snow Bread.

Put the meal or flour into a large bowl, and add twice or three times its bulk of snow. Stir thoroughly with a strong spoon. When well mixed, it appears like so much dry meal or snow. Try a little of the mixture on a hot stove or griddle; if too dry, add more snow; if too moist, add meal. When just right, pour the mass into a pan, rounding it up in the middle about two inches thick, and cook from twenty minutes to half an hour in a full heat. A HOT oven is absolutely necessary to insure success. The dough will settle about one-half in cooking, but the bread will be peculiarly light and beautiful.

6. Graham Biscuit.

Stir, with a spoon, tepid water into Graham flour until stiff enough to form into a dough as soft as can be kneaded; roll out, when sufficiently kneaded to be well mixed, and cut into cakes three-quarters of an inch in thickness. Lay them on baking pans, so that they will not touch each other, and bake in a quick

oven, letting them remain long enough to become brown and crisp, which, with a good heat, will require about twenty-five minutes, or taking them out when just done through, as one prefers; if not sufficiently baked they will be heavy on the bottom. Put them on a grate or colander to cool, that they may not steam and become heavy.

7. Drop Cakes

Stir wheat meal into soft cold water, making a batter a trifle thicker than for griddle cakes. The exact proportions cannot be given, as flour will swell more at some times than at others. Drop from a spoon into the cups of bread pans, which are already heated, and bake in a hot oven. Take them from the pan as soon as they are done and arrange them on plates, taking care that no weight rests upon them to make them heavy.

Both Graham biscuit and drop cakes, after standing two or three days, are made as good as new by dipping in cold water and setting in a hot oven a few minutes, or steaming over boiling water.

8. Wheat Meal Gems.

To one quart of soft cold water add by degrees three pints of coarsely ground wheat meal. Stir rapidly with a large spoon three or four minutes, so as to incorporate a large amount of atmosphere. Dip out into iron baking molds which have been heated hot and oiled. Bake immediately in an oven as hot as it can be and not burn for twenty or twenty-five minutes. Diminish the heat after fifteen minutes. The above proportions are for white wheat; when red is used a little more meal is necessary.

9. Wheat Meal Biscuit.

Pour boiling soft water upon coarse white meal; stir with a spoon to a dough as soft as it can be managed, by the exercise of skill, upon a molding board. Roll to an inch in thickness; cut with a biscuit cutter; cut and bake immediately in a very hot oven. If made of red wheat, it must be stiffer and baked longer.

10. Dr. Jenkins's Graham Crackers.

Procure the whitest and cleanest wheat (Canada wheat is best); have the crackers made by a baker Mix with nothing but pure soft water, and thoroughly reduce the mass in a baker's break, as for making other crackers. Have them rolled very thin, no more than half as thick as soda crackers, and bake quick until a pale yellow. These will keep six months if placed in a dry, cool, sweet store-room. They are fresher and more tender to place them in a hot oven a few moments before bringing them to the table.

11. Wheat Meal Rolls.

Make a batter of cold water and wheat meal (coarsely ground white wheat), stir for a few moments with a stiff spoon, then form into a dough by adding more meal; mold for five minutes, or until the mass frequently snaps as you mold; roll out to about an inch thick, and cut into strips an inch wide and four inches

long. Prick the rolls, and bake in an oven previously heated HOT at first; then shut off the heat. They should bake in fifteen minutes, or twenty if made of red wheat. They should be so thoroughly baked as not to fall while cooling. If wished more tender, place them immediately in a tin can closed. If wished light and crispy, cool them on a wire grate or cloth.

12. American Rolls.

Take nearly three times the amount of flour to the water. Stir the flour into the water gently with a beater. Roll them and cut them into small cakes about an inch thick. Have the stove quite hot, but let the temperature lessen somewhat during the baking. After cooking, and when almost cold, put them in a vessel and close tightly until the next day, when the crust will be more tender and more easy of mastication.

13. Brother Jonathan.

Early in the morning pour a pint of boiling water to a half pint new or sweet milk; when a little cooled make a batter by stirring in unbolted flour; let it stand in a warm place, where it will not scald, and in five or six hours it will become light like yeast. Then stir into it more wheat flour to make a dough crust; have a pudding dish nearly filled with quartered tart apples, the quarters cut once in two transversely; throw in sugar to sweeten, a little flour to absorb the juice, and cover with the dough crust an inch and a half thick. Let this stand in a warm place about an hour, or until the dough becomes light, and then bake in a moderate oven about an hour. On taking from the oven and cooling, some persons invert it on a plate that the juice of the fruit may penetrate the crust.

14. Diamonds.

Pour sufficient boiling water upon wheat meal to form a dough as stiff as can be mixed with a strong spoon, stirring well at the same time to prevent lumping. Upon a board, with plenty of meal, and without kneading, form it into a long roll about two inches in diameter; flat it with the hand till three-fourths of an inch thick; cut diamond-shaped, or in strips an inch wide. Bake on a grate in a very hot oven, leaving an inch space between each for the hot air to circulate freely.

15. Crisps.

Pour sufficient boiling water upon wheat meal to thoroughly wet it, stirring briskly at the same time; roll as for crackers, and cut into strips half an inch wide; prick, and bake till crisp.

16. Yankee Rolls.

Mix good unbolted wheat flour with pure cold water, and make a dough that can be rolled out and cut into strips, which must again be rolled into a round form the size of the thumb or finger, and cut into pieces three or four inches long; bake in a HOT or quick oven ten or fifteen minutes, brown them nicely, and serve fresh.

17. Cracked Wheat.

Wash a quantity of good wheat; remove the imperfect grains, cockle, garlic, etc.; crack or grind coarse with a hand-mill or upon sharp millstones. Take about a quart of the grits thus prepared, half a pint of raisins, and three quarts of cold water; cook in a tin pail, or any convenient vessel, placed in a kettle of water over the fire. Stir frequently till scalded, not so often afterwards. It will require from three to six hours cooking, according to its coarseness. Pour, while boiling hot, into molding dishes wet with cold water, and set it away to cool a little before serving. Eat, warm or cold, with apple, peach or berry sauce; or, just before taking up, while yet cooking, stoned dates, or apples thinly sliced, or fresh berries may be added, stirring as they are dropped in. This adds to the flavor, and does away with the necessity for salt or some rich sauce, which many would otherwise want to make it eatable.

18. Boiled Wheat (Whole Grains.)

Good white wheat in the whole grain requires a great deal of boiling. First pick over and wash the wheat clean, then boil until the grains become soft and begin to crack open. It may be eaten with sauce, the same as Rice Pudding.

19. Brown Bread Toast.

Cut the bread in slices, half an inch thick, and brown before the fire, or in a hot oven. It is quite as good as when new.

20. Rusks.

The various kinds of bread, crackers, etc., above described, when broken, or so old as to be dry, are excellent made into rusks. Dry them thoroughly in an oven, break in a mortar, and grind coarsely in a coffee or hand mill. Eat in milk after soaking a little while, or soak in hot water a few minutes, and eat with cream, milk or sugar.

21. Wheat Meal Mush.

Stir slowly into FAST boiling water sufficient wheat meal to make a thin pudding. Let it boil five or ten minutes and it is done. If set away from the fire a few minutes before taking up, it will readily cleave from the kettle, leaving it more easy to be washed. Very much depends on the manner of making, as from the same materials a most delicious dish may be made, or one not fit to eat.

The water must be kept boiling as the meal is sifted in, or the mush will have a raw taste which no amount of after-cooking can remove.

The pudding left from one meal is allowed to cool in the table pudding dish—generally an oval dish—and inverted on a platter of the same form for the next meal. Any of this that may be left can be dissolved in the water in which the next pudding is to be made, and so made over; or a better way is to brown slices of it on a griddle.

22. Rusk Pudding.

Stir together milk and rusk in the proportion of two quarts of milk to one large

tea cup of rusk, with sugar to suit the taste. Bake in a moderate oven. This pudding is improved by the addition of good sour apples quartered, or sweet ones chopped, and is very good made with water instead of milk. Set the rusk to swell in water in the pudding dish, then add sugar and fruit, and bake.

23. Plain Toast

Is made by cutting in two the cakes or slicing the loaves, then browning the pieces over a quick fire, either on a griddle or grate. It can be made soft by dropping it as soon as toasted into hot water, and when tender eaten with milk, gravy, or apple sauce.

24 Travelers' Bread.

Take wheat meal and currants—or figs, dates, or raisins may be used by chopping them; stir quite stiftly with the coldest water—as briskly as possible so as to incorporate air with it; then knead in all the wheat meal you can. Cut in cakes or rolls one-half inch thick, and bake in a quick oven.

25. Wedding Cake.

Mix one pint of boiled cracked wheat; one cocoanut, grated; half pint cocoanut milk; half pint dried currants; one quart stewed sweet apples, or figs softened with hot water; and wheat meal sufficient to make a moderately stiff dough. Bake, in loaves, from one and a half to two hours.

CORN AND RYE, AND THEIR PREPARATIONS.

Corn.—Next to Wheat comes Indian Corn, or Maize, in importance, as furnishing nourishing and healthy food. In its different varieties it will do for the coldest as well as for the warmest climates. The Esquimaux will live upon it, and the hot Sea Islanders, and all intermediate populations. Corn contains a small amount of gluten when compared with wheat, and hence in its ground state will not

make good unfermented bread, unless mixed with wheat or rye meal. When analyzed it contains, according to Dr. Gorham—·

	Common State.	Dried.
Starch,	77.0	84 599
Zeine,	3.0	3.296
Albumen,	2.5	2.747
Gummy matter,	1.75	1.922
Saccharine matter,	1.45	1.593
Extractive matter,	0 8	0.879
Cuticle and ligneous fibre,	3.0	3.296
Phosphate, carbonate and sulphate of lime,	1.5	1.648
Water,	9.0	0
	100.0	99.98

The principal varieties of corn are the *Yellow*, grown in the Northern, and the *White*, in the Southern and Western States.

Corn, to make good bread, should be ground coarsely, when it will be light, dry and much more palatable; whereas, if ground as fine as that usually sold at the stores, it will, when made into unfermented bread or cakes, be soft and clammy.

Green Corn, containing, as it does, a very large proportion of the watery element, is less nutritious than the ripe grain, but a more wholesome food (when not spoiled with butter and pepper) cannot be eaten.

The sweet variety is the best to use while in its green state. Green corn rapidly deteriorates after picking—even a half day makes a great difference

in its sweetness. Therefore it should always be cooked and eaten in a perfectly fresh state, while it is tender, milky, and sweet to the taste.

Rye is cultivated and largely used by the North-eastern nations of Europe. It is scarcely ever absent from the tables of the noble and wealthy, because two sorts of bread are considered by them more nourishing and more wholesome than the exclusive use of one.

With the exception of wheat, it contains more gluten than any other grain, and for this reason is well-adapted for bread-making, and especially so when used in connection with corn.

The composition of rye meal, as given by Pereira, is—

Starch,	61.07
Gum,	11.09
Gluten,	9.48
Albumen,	3.28
Saccharine matter,	3.28
Husk,	6.38
Undetermined acid and loss,	5.42

Unbolted rye meal is an excellent laxative in obstinate cases of constipation, but in those unaccustomed to its use it is apt, at first, to occasion diarrhea. The black bread so universally used in Germany is made from rye meal. Unbolted rye meal, when made into bread, may be kept for a great length of time without losing its flavor, or being otherwise changed, and hence the country

people in France only bake every eight or ten days. The Swedish peasants carry their economy of labor and fuel still further, in baking their rye cakes only twice a year.

26. To Cook Green Corn on the Cob.

Remove the husks and silk from full-grown, fresh-picked ears of corn, in which the milk is well developed; put them into sufficient boiling water to cover; boil from fifteen to thirty minutes. It is better cooked by steam. It should be eaten without butter, salt, or other trimmings, a taste that is easily acquired.

27. To Cook Corn when Cut from the Cob.

There are many whose teeth will not take corn from the cob, and others who, in their super-fastidiousness, fancy the manner indelicate. For such it should be cut from the cob, by splitting the kernels of the corn before removing; and in cutting off, cut them several times through, after which scrape the cob well, so as to lose none of its sweetness. Boil it in very little water, and do not cook it too much—not so long as when on the cob.

28. To Cook Dried Green Corn.

Look carefully over the quantity you wish to cook, but do not wash it. Add four or five times as much water; put it on the stove and let it soak three or four hours, steeping fifteen or twenty minutes at the last.

29. To Cook Dried Sweet Corn.

Wash the quantity you wish to cook. Add two or three times as much water, and soak over night. In the morning, place on the range or stove in a closed tin or porcelain vessel, where it will keep at the scalding point four or five hours. Do not let it boil a moment. Be equally careful to keep it hot. Add water, if necessary, but do not make it too thick.

30. Roasted Green Corn.

Bury the ears, without husking, in hot ashes, and let them remain twenty or thirty minutes; then remove the husks, and you will have corn in its perfection.

31. Sweet Corn Bread.

Grate green sweet corn, and stir in wheat meal to a batter for gems; or knead, and bake in cakes and loaves.

32. Green Corn Custard.

Husk and carefully silk the ears. Grate off the corn by rubbing the grater on

the corn, and then scrape the cobs with a knife thoroughly, or it may be taken off as in receipt . To one tea cup of this grated corn add one cup of water, and one cup of very ripe peaches, mashed, or ripe tomatoes put through a colander, or of grated apples, or of whortleberries. If the corn is very young, add a spoonful of corn starch; but as it approaches maturity this may be dispensed with. The top may be ornamented with pieces of the fruit fancifully cut and arranged. Bake from twenty to thirty minutes, and serve warm or cold.

33. Green Corn Griddle Cakes.

For green-corn griddle cakes, take one tea cup of grated green corn and two of water, or one and a half cups of each, and about two and a half cups good wheat meal, according to the degree of consistency you wish, stirring slowly with one hand and sifting in the meal with the other. Bake on a slightly oiled griddle, or, better still, on soapstone. When brown, pile them up, cover close, and keep warm, letting them stand ten minutes before serving.

34. Green Corn Biscuit.

The same mixture as the above, with half a cup more of wheat flour, makes excellent biscuit, if baked in gem or patty pans, on the top first in a quick oven.

35. Green Corn Cake.

Take a larger proportion than that required for griddle cakes—say two cups corn and one of water, with a quarter cup of sugar, and bake in the same way as the last.

36. Green Corn Fritters.

Take equal parts of green corn and wheat meal, and water enough (if needed) to make them the consistency of rather thick griddle cakes, and bake and trim like 33.

37. Corn Bread.

For a good thick loaf, take three pints of coarse yellow corn meal (white or finely ground yellow meal will never make the best corn bread or cakes), one pint of coarse rye flour; scald with boiling water; be sure and stir in water enough to thoroughly scald it; cover it over and let it stand until cool; then reduce it with cold, sweet milk until quite thin, or enough so to pour into your pan; bake all day; let it stand in the oven all night, if convenient. In the morning, if rightly managed, you will have a luscious loaf. If the crust is too hard to eat, remove it and soak it in water, and add it to your next loaf; you will find it richer and superior to the first.

38. Brown Bread.

Take three pints of coarse yellow corn meal; scald it with three pints and a half of boiling water; add two pints of coarse rye meal after the corn has cooled. Knead thoroughly with the hands. Take it out into a stone-ware pot which is a

little larger at the top. The quantity here given will take a vessel which holds five or six quarts; place it immediately in the oven, after smoothing over the top with a spoon frequently dipped in cold water. Cover with a stone or iron plate, and have but little heat in the oven. It should take three hours to begin to bake; then bake slowly four hours. Leave the loaf in until the oven cools off, if it is several hours longer. It should be dark-colored, light and firm, with a good soft crust. A round-bottomed iron kettle will do to bake in, but the bread will not be as good.

39. Brown Bread. (Another Mode.)

Take hot water, though not scalding, and stir into it corn meal until it is about half thick enough for a good batter; then cool it with cold water, and make a thick batter by adding unbolted wheat meal; after which give the whole a good stirring, and put it into pans two or three inches deep. It is better to let it stand an hour or so, then put it into a hot oven, and bake steadily two hours and a half. Take it out, and cover with thick cloths for an hour or two, and it is ready for the table. When rightly prepared it is light, tender, moist and sweet.

40. New England Brown Bread.

Mix together with water equal quantities of rye and corn meal to a firm consistency, kneading it until the dough cleaves from the fingers. It may stand several hours or all night, and then be baked in loaves, in a moderate, steady oven, about three hours, or, much better, be steamed two or three hours in a steamer, and then set in the oven to be baked one hour. This prevents a hard crust from forming. If it be baked, smooth the top with the hand wet in water until it shines. This also prevents a thick crust. If baked late in the day, it is improved by standing covered in the oven all night, or until the oven shall cool.

41. Steamed Bread.

Take one-half corn meal, one-fourth wheat meal, one-fourth oat meal; mix together, and pour on boiling water, stir stiff, and steam five hours. It is improved by putting into it fruit.

42. Corn Cake.

Mix corn meal to the consistency of a stiff batter, with lukewarm water, and pour into baking pans or cake moulds, and bake thoroughly and quickly. The meal must be coarsely ground, and if white corn is used, it must be a little stiffer than when made of yellow corn.

43. Corn Meal Breakfast Cake.

For two baking pans, take one and a half pints of coarsely ground corn meal; add water nearly boiling, but not enough to wet quite all of the meal; add cold water, a little at a time, stirring thoroughly between times, until you have it so thin that it has a tendency to settle as you pour it into your pans. It should not be more than half an inch deep in the tins, and it should be baked quickly in a hot oven.

44. Journey Cake.

Wet coarse-ground corn meal with boiling water; make into good-sized balls, and flatten them on a griddle with the hand dipped in water; they may also be cooked in an oven, or spread about a half inch thick on a board and baked before the fire.

45. Sweet Rolls.

Mix about a quarter part of corn meal with the dry flour to shorten it; then dissolve sugar or molasses in water enough to wet the whole, and make in the same form as Yankee Rolls (No. 16.) Bake in a quick oven.

46. Indian Bannock.

One pint of corn meal, one quart of sweet milk; boil half of the milk and scald the meal; mix with it, while hot, half a cup of cream; add two well-beaten eggs and the remainder of the milk; bake in shallow pans in a quick oven.

47. Hoe Cake.

Make a soft dough of coarsely ground yellow corn meal and cold water; form into small cakes less than half an inch thick, with the hands frequently wet in cold water, and bake quickly on the oven bottom, already heated HOT and made clean.

48. Corn and Rye Biscuit.

Pour boiling water on coarse yellow corn meal, and stir to the consistency of a thick batter; immediately add coarse rye meal to make into a very soft dough; form into small, flat biscuits (fifteen to a baking pan), with the hands frequently wet in cold water, and bake immediately in a hot oven. They are very nice for variety, and are best made of equal parts of corn and rye. Bake thirty minutes or more.

49 Snow Cake.

Mix a little corn meal and pulverized sugar with dry flour, and then stir in the snow; bake in a HOT oven until well browned. This makes a short and tender, as well as light, sweet cake.

50. Corn Meal Crackers

Wet the corn meal with boiling water, flatten out the dough very thin with the hand, and cut with a tin or tumbler Bake in a hot oven. Or the dough may be flattened in a large pan, and marked in convenient squares with a knife. Sprinkle corn meal in the pan to prevent sticking.

51. Baked Indian Pudding.

Two quarts sweet milk, one heaping tea cup full of Indian meal, one-half cup

molasses. When the milk is boiling hard, dip out one-half of it, and into the remainder stir the meal slowly, taking care that no lumps remain in it. Add the rest of the milk and molasses, and bake about one hour and a half, or until it is a bright cherry color. Stir it once or twice the first half hour, but not afterward. A few sweet apples pared and sliced are a great addition.

This proportion of meal will not hold good in all cases, owing to the difference in the thickening properties of different kinds. Of some it will require one and one-third cups, others one and a half. This can easily be determined by one trial.

52. Baked Indian Pudding. (Another Way.)

Eight tablespoonsful of Indian meal, stirred into three pints of scalding milk. Be careful to scald the meal without letting it boil. Add one pint cold milk, and a little wheat flour or not as one pleases, one small tea cup molasses, and if liked two tea cups chopped sweet apples. Stir well together, and bake three hours. Some mix all together, and set in the oven without scalding the meal, stirring it there when it begins to bake—and it is less trouble, and nearly or quite as good.

53 Boiled Indian Pudding.

Get good coarse corn meal, wet it with boiling water—a little molasses may be added; tie the pudding in a bag, leaving room for it to swell, and boil three or more hours. This is a good substitute for potatoes, to eat with meat when potatoes are high.

54. Rye Rolls.

Wet unbolted rye meal with hot or cold water, and make in small biscuits or in the same form as the Yankee Rolls; rub them over well with dry flour, and bake ten or fifteen minutes in a HOT oven. They are very light and delicious.

55. Rye Drop Cakes.

Stir rye meal or flour into milk or water, making a batter stiffer than for wheaten cakes. These are a little liable to be heavy, but with a good hot oven and a little care in handling they will be light, and furnish an agreeable and wholesome variety to the table.

56. Rye and Indian Bread

This is made of one part unbolted rye meal and two parts corn meal. Simply wet the corn meal with boiling water, and when it is cool enough work in the rye meal without adding more water; bake in a round iron dish from three to five hours. This bread when new, or a day or two old, may be sliced and toasted; it is very sweet and wholesome.

57. Hominy.

This is very coarsely cracked corn. Take the desired quantity, and add twice as much cold water stir well, and skim off the hulls as they rise; or separate

them by stirring, and then pour the water through a seive into a pan; repeat the process till free from hulls. Care should be taken not to let the hominy run off with the hulls. Cook in the same water, with a few dried apples, pears, or other fruit. Boil and mould as cracked wheat.

58. Samp

Is made of new, ripe corn, cracked quite fine. Pour cold water over the quantity to be cooked; stir it around, so as to have the hulls float; pour off the water through a seive, saving the water to repeat the process until all the hulls are removed; then boil in the same water six or eight hours slowly. If it becomes thick, add boiling water.

59. Samp. (Another Way.]

Clean the hulls from the samp as in the first; tie in a bag, leaving plenty of room to swell; suspend this in a kettle of boiling water, or arrange it in such a way that the bag shall not touch the bottom of the boiler; let it boil five or six hours, always filling up the kettle, as the water boils away, with boiling water.

60. Johnny Cake.

Put corn meal in a pan, and stir in boiling water or milk, making a rather stiff mixture; put this into common baking tins, heaping up a little more than level full; bake in a hot oven, or it may be baked on a griddle on the top of a stove about half an hour, taking care it does not cook too fast; it must be turned once. The same may be baked in iron baking pans.

61. Corn Drop Cakes.

Mix corn meal with boiling new milk, until you have a thick batter; put in the gem pans at once, and bake fast for twenty or thirty minutes.

Some people think corn cakes of all kinds are more palatable and more easily digested if the meal is mixed the night before, and allowed to stand all night before baking. When this cannot be done, scalding answers nearly the same purpose. It takes out the strong taste of the meal, which some dislike.

62. Rye and Indian Drop Cakes.

Mix together two parts rye meal and one part Indian meal, with cold water, until it is as stiff as can be easily stirred with a spoon; stir the batter until it grows creamy, which requires a strong hand, ten or fifteen minutes. Drop into the hot pans, filling them full, and bake in a moderate oven, thirty or forty five minutes These are excellent cakes.

63. Indian Pone.

Put in one quart of water in a pot; as soon as it boils stir in as much Indian meal as will make a very thin batter. Beat it frequently while it is boiling, which will require ten minutes; then take it off and pour it into a pan. When the batter is lukewarm, stir in as much Indian meal as will make it quite thick; set it away to rise in the evening; in the morning make it out in small cakes, place in pans, and bake in a moderate oven. This cake requires no yeast.

OATS AND ITS PREPARATIONS.

As a simple, palatable and nutritious article of food, Oats ranks next to Wheat and Corn. It is very extensively used by the people of Scotland, and to some extent in other countries. When oats is deprived of its covering, it is called *groats* or *grits*, and, when these are ground into flour, *prepared groats*—while *oat meal* is prepared by drying the kiln-dried seeds which have been deprived of their husks and outer skin.

The composition of dried oat meal, according to Vogel, is-

Starch,	59.00
Bitter matter and sugar,	8.25
Gray albuminous matter,	4.30
Fatty oil,	2.00
Gum,	2.50
Husk, mixture and loss,	23.95
	100.00

Oat meal is used principally in the form of mush, porridge, and unfermented bread or cakes. It is sometimes difficult to obtain oat meal entirely free from a bitter taste, owing to defects in kiln drying, etc., and for this reason the coarse, Scotch oat meal is the best, but is hard to obtain; a good article of Canada oat meal will answer for the Scotch.

64. Oat Meal Bread.

Wet with boiling water, and roll out the dough a quarter of an inch thick; cut it into strips an inch and a half or two inches wide, then cross cut into diamond-shaped cakes The board, roller and knife used must be kept well covered with dry flour. Bake on a griddle, or in a HOT oven, a few minutes, or until they begin to brown.

65. Oat Meal Griddle Cakes.

Make a batter by wetting the oat meal with hot water, and bake on a soapstone griddle.

66. Oat Meal Mush or Stirabout.

Stir the oat meal gradually into rapidly boiling water so as to prevent its lumping. Allow it to cook for fifteen minutes; thirty minutes gentle boiling improves its flavor. Can be eaten with milk, syrup or sugar.

67. Oat Meal Porridge.

Take two tea cups full of meal, and wet it with a cup of cold water until the mixture is smooth and even; then add enough boiling water to make a very thin batter, stirring it while adding the boiling water, and until the whole boils to prevent burning. Let it boil for twenty or twenty-five minutes, during which time it will thicken considerably, and eat with fresh milk or a little syrup.

68. Wheat and Oat Meal Crackers.

Take equal parts of oat and corn wheat meal, mixed the same as Number 64. This makes excellent crackers. One-third rye and two-thirds oat meal may also be used.

69. Oat Meal Gruel.

Boil one or two ounces of oat meal with three pints of water, to a quart. Strain, and let it stand till it cools, then pour off and use the clear liquor.

70. Oat Meal Crisps.

Mix and knead well together nicely prepared oat meal and water into quite a stiff dough; mold on a board, roll into thin sheets, and cut into any form desired; lay in baking pans, and bake about fifteen minutes in a quick oven. These are best when fresh from the oven. This is a very favorite cake with the Scotch people, who can get a superior kind of oatmeal. They let it remain in the oven and get quite hard, thinking it sweeter and more digestible.

BUCKWHEAT AND ITS PREPARATIONS.

"BUCKWHEAT, sometimes called beechwheat, from the resemblance of its seed to the nuts of the beech tree, has no natural affinity with the cereal grains or grasses, but is similar in alimentary processes, and is sometimes employed in bread making. It is less nutritive than wheat—contains more sugar, but less gluten and starch. It is usually cooked in the form of pottage, puddings or griddle cakes. Various skin diseases have been attributed to its employment as food, but they are really *attributable* to the melted butter and sugar, pork, greasy sausages, etc., with which buckwheat cakes are usually eaten."

71. BUCKWHEAT GRIDDLE CAKES.

Three-fourths buckwheat flour, one-fourth Indian meal; make into a batter with sweet milk or water, and allow it to stand over night; bake on a hot griddle. They should be turned as soon as browned, and then left on until thoroughly cooked through.

The fine brown color so desirable on this favorite breakfast dish cannot be obtained if we rely on buckwheat flour and water alone to form it. In order to secure this color, milk should be used instead of water, and, in its absence, finely mashed boiled potatoes should be substituted. This mashed potato improves the flavor of the cakes, and causes them to rise better.

BARLEY AND ITS PREPARATIONS.

OF the several varieties of Barley, the principal are the *Common* (long-eared) *Barley*, *Spring Barley*, and *Winter Barley*. It is easily cultivated, and matures through a greater range of climate than any other grain. The grains when deprived of their husks form *pot barley*. *Patent barley* is the pearl barley ground to flour.

The composition of barley meal, as given by Einhof, is—

Starch,	67.18
Fibrous matter (gluten, starch and lignum),	7.29
Gum,	4.62
Sugar,	5.21
Gluten,	3.52
Albumen,	1.15
Phosphate of lime, with albumen,	0.24
Moisture,	9.37
Loss,	1.42
	100.00

72. Pearl Barley Pudding.

Pick and wash half a pound of pearl barley; soak it in fresh water over night; pour off the water; add one quart new milk and a tea cup of sugar; bake one hour in a slow oven.

73. Barley and Apple Pudding.

Pick and wash half a pound of pearl barley; soak it in water twelve hours; then put it into a pan with three pints of water; let it boil ten hours; pour it into a pie dish; put in half a pound of apples, sliced; add two ounces of sugar, and bake one hour in a moderate oven.

74. Barley Soup.

Take four ounces of barley, two ounces of bread crumbs, and half an ounce

of chopped parsley. Wash the barley, and steep it twelve hours in half a pint of water; pour off the water; add the bread crumbs and three quarts of boiling water; boil slowly in a covered tin pan five hours, and about half an hour before the dish is to be served add the parsley.

75. Barley Broth

Take four ounces of pearl barley, two turnips, three ounces of Indian meal, and three ounces of sweet cream. Steep the pearl barley—after washing—twelve hours; set it on the fire in five quarts of fresh water, adding the turnips; boil gently an hour; add the cream; stir in the meal; thin it if necessary with more water, and simmer gently twenty minutes.

76. Barley Water.

Take two ounces and a half of pearl barley; after washing add half a pint of water, and boil for a short time. This liquid being thrown away, pour on it four pints of boiling water, and boil down to two pints and strain. It can be flavored with sugar or with slices of lemon peel.

RICE AND ITS PREPARATIONS.

Rice, a plant of Asiatic origin, is extensively raised in India, China, West Indies, the United States, and other countries. The most valued kinds are the Carolina and Patna Rice. It is the principal food of the inhabitants of India and China.

The composition of rice. according to Braconnot, is as follows:

COMPOSITION OF CAROLINA RICE.

Starch,	85.07
Parenchyma—woody fibre,	4.80
Glutinous,	3.60
Rancid, colorless oil,	0.13
Uncrystallizable sugar,	0 29
Gum,	0.71
Phosphate of lime,	0.40
Water,	5.00
	100.00

This tropical production is not always a favorite—but oftener from being spoiled in cooking than otherwise. Rice needs to be thoroughly cooked to be palatable or digestible—but if overdone, *so that the kernels lose their shape*, it becomes a sticky, unsavory mass.

77. Boiled Rice—Whole Grains.

Select the large, plump kind; boil in sof t water in a covered vessel, stirring it gently now and then, about twenty minutes; then set it off from the fire in a place where it is just warm enough for it to simmer; let it remain an hour and a half without disturbing it; when taken out the grains will be found whole and unbroken.

78. Rice Pudding with Milk.

Pick over and wash a teacupful of rice; put it in a deep pan; pour over it three pints of milk, and sweeten it to the taste. Bake in a slow oven two hours. This pudding will be found rich and delicious without the use of eggs. Raisins or currants may be added if desired.

79. Rice Apple Pudding.

Boil the rice in the usual manner, and when nearly done stir in sliced tart apples, and allow about twenty minutes for them to cook. This delicious pudding can be got up in a very short time, needs no milk, and may be served warm with a little sweetened sauce.

80. Rice Apple Pudding. (Another Way.)

Boil half a pound of rice in a pint of water till it is soft; then fill the pudding dish half full of apples which have been pared and cored; sweeten with sugar or molasses; put the rice over the fruit as a crust, and bake one hour.

81. Rice and Milk Mush.

Boil a pint of clean head rice fifteen or twenty minutes; pour off the water; add a little milk, mixing it gently, so as not to break the kernels, and boil a few minutes longer.

82. Rice Cakes.

Thin boiled rice, while hot, with water; stir occasionally, and when cold make into biscuit with wheat meal. These cakes are preferable to boiled rice alone.

83. Rice Griddle Cakes.

Soak over night one quart of cold, boiled rice in four or five gills of milk or water; the next morning add one quart of milk, and stir in nearly as much flour and two eggs well beaten. Bake on a soap-stone griddle. Rusked bread mixed with the rice improves this cake.

84. Rice Blanc Mange.

Boil in the morning, and turn into buttered tea cups; when cold, turn out the contents of the several cups on to a platter; make a little cavity on the top of these beautifully shaped molds, placing a teaspoonful of some kind of jelly in the openings; and, with a pitcher of sweetened or flavored cream, you will have a fancy as well as nutritious dish.

85. Rice Soup.

Boil one gill of rice in a pint of water till soft; then add a pint of milk, a teaspoonful of sugar, and simmer gently five minutes.

86. Rice Gruel.

Boil two ounces of good, clean rice in a quart of water until the grains are quite soft; then add two tablespoonsful of sugar, and boil two or three minutes.

SAGO, TAPIOCA AND ARROWROOT, AND THEIR PREPARATIONS.

STARCH, Sago, Tapioca and Arrowroot are only synonyms for one and the same substance, that of starch, the difference between them being mainly that occasioned by the differing proportions of the constituents, and the presence of more or less foreign matter.

Sago is a farinaceous substance, prepared from the pith of a species of palm growing on the islands and main land of the Indian Archipelago.

Tapioca is prepared from the root of the mandioca or cassava, grown in the West Indies, South America, and some parts of Africa.

Arrowroot is a term loosely applied to the starch extracted from a number of roots and cereal products—as the maranta, mondioc, arrum, potato, etc. That from the maranta of the East and West Indies is the true arrowroot, but much of that in commerce is from other substances.

87. Sago Apple Pudding.

One dozen tart apples, medium size, and one and a half cups of sago. Soak the sago a couple of hours, or until it is soft and pulpy; then add a little sugar to suit the taste. Peel and quarter the apples; put them in a pudding dish, and pour the sago over them. Bake an hour, or until the apples are cooked through.

88. Sago Apple Pudding. (Another Way.)

A very delicious preparation for dessert is made by slicing tender ripe apples

into a pudding dish, and sprinkling over them a cup or two of unsoaked tapioca, filling the dish with water, and setting to bake slowly for two hours; to be served with a nicely flavored sauce.

89. Sago Bird's Nest Pudding

Is made by laying quartered fresh apples, or stewed dried ones, or cored and pared apples filled with sugar and raisins, in a pan about half full, and pouring over them the sago prepared as for thin pudding. Then bake in a moderate oven till the apples are cooked—say an hour or more, according to the size of the pudding.

90. Sago Jelly.

Soak a tea cup of sago in cold water one half hour; pour off the water; add fresh water and soak another half hour; then boil, by setting in a dish in boiling water until thickened; add a little white sugar, or currant or other acid jelly, and let it boil a few minutes longer, and then turn it out into cups.

91. Sago Pudding

And gruel are excellent articles for the sick, and are made by scattering slowly and stirring sago into boiling water, and cooking about twenty minutes, or until it becomes clear. These may be eaten with cream or sugar.

92. Tapioca Gruel.

Soak tapioca over night in twice the quantity of water; then add milk and water, and boil until soft.

93. Tapioca and Apple Pudding.

One tea cup of tapioca and three pints of water; let it stand four or five hours where it will be quite warm, but not cook; slice half a dozen good-sized greenings, or other nicest cooking apples; add one tea cup of sugar, and mix all together; bake an hour and a half, or until it is all like jelly. Sago can be used instead; it is very palatable.

POTATOES AND THEIR PREPARATIONS.

THE potato, next to the cereals, is the most important and valuable of the esculent foods. It contains more nutritive matter than all other foods that grow under the surface of the earth.

"Indigenous to South America, it was not generally cultivated in England until the middle of the eighteenth century. It is found abundantly in the wild state in Chili and Peru; and the ground nut, which is found in all the wilderness part of North America, is supposed by many to be the original from whence all our fine varieties of potatoes are derived by cultivation.

"According to chemical analysis, the best potatoes are almost, if not quite as nutritive, pound for pound, as the best flesh meat; and certainly twenty or thirty pounds of them can be raised at the expense that will fatten a single pound of beef or pork."

That kind should be preferred which becomes mealy on boiling, and which when cooked can be thoroughly crushed with the finger. The potato which is known as "waxy," and those which remain somewhat hard when boiled, do not digest so readily as the mealy kind, and are altogether inferior

Potatoes should be pared very thin, for the most valuable and nutritious part of the potato is near the surface, so that a very thick peel would take the largest part of the nutriment. This is at once made obvious by examining a thin slice of potato with a microscope, when the starch granules will be found lying in great numbers in a belt just under the skin, and decreasing toward the centre. If it is worth while to eat the potato at all, it is obviously foolish to throw away the nutriment and save only the water cells.

Care should be taken to select potatoes for cooking that are alike in size, and always remember that if you let the potatoes remain in the water a moment after they are done enough, they will become waxy and watery. After pouring off the water, the saucepan containing the potatoes should be uncovered, and set at such a distance from the the fire as will secure it from burning; their superfluous moisture will evaporate, and the potatoes will be perfectly dry and mealy. You may afterwards place a napkin, folded up to the saucepan's diameter, over the potatoes, to keep them hot and mealy till wanted.

94. To Boil Potatoes with the Skin On.

After the potatoes are properly washed, and a little of the skins taken off at the ends, place them in a kettle of boiling water, allowing no more water than is sufficient to cover them. They should boil slowly, as the agitation of the water in rapid boiling dissolves and breaks the potatoes before they are done, and

leaves them insipid and moist. They are better left unmoved to boil, and there should always be a vessel of hot water from which the kettle may be replenished in case there is rapid evaporation from the state of the atmosphere. A pot with the top drawn in is better for boiling potatoes than a wide-topped vessel. The water should be poured from them before they are quite done to the centre. A few teaspoonsful of cold water should then be added, and the vessel placed upon the hot part of the stove, with a clean napkin thrown over, until the potatoes are wanted If the best potatoes cannot be obtained—and no others are really fit to eat—when about half done pour off the water; add cold water, but not enough to come to the top of the potatoes, and finish boiling and steaming them off as before. A close cover should never be placed over potatoes after cooking, either in the kettle or upon the table. After potatoes are about half boiled, for variety they are very nice finished off in the oven, either with the skins on or after removing them. They will need but a short time to bake in this manner.

95. To Boil Potatoes with the Skin Off.

When potatoes are to be peeled for boiling, they should be washed and wiped, or drained until dry. When dry they should be peeled very thin and not rinsed, as washing, rinsing, or soaking after they are peeled, wastes much of the starch, which is both nutriment and the flavor of the potato. Place them immediately in sufficient boiling water to cover them, and boil in an open vessel until nearly done; then immediately pour off all the water, add a little cold water, and place on top of the range with a folded napkin over them until wanted. Give them time to steam off well and to dry the pot. No definite rule can be given as to the time of cooking potatoes in any manner, as they vary greatly in size; and as different kinds do not require the same length of time. The older potatoes are the longer they need to be cooked. The rule should be not to over-cook them.

96. Steamed Potatoes.

Potatoes are much more nutritious and palatable if they are properly steamed, than they are boiled. Wash them clean, and place them in a steamer over boiling water. If the potatoes are of a good quality, the secret of having them mealy and palatable is in steaming them very rapidly; as without a rapid condensation of steam, and a detention of steam in the steamer by a closed lid, the potatoes will be hard and appear not done, however long they may have been cooking. They should steam until the skin cracks, and a fork will easily penetrate the centre. If not to be brought to the table soon, they should continue to steam until wanted, as steamed potatoes become solid much sooner than boiled ones.

97. Baked Potatoes.

Potatoes are more nutritious baked than they are cooked in any other manner; and they relish better with those who have not been accustomed to eat them without seasoning. Wash the potatoes clean, but do not soak them. Bake them as quickly as possible, without burning in the least. As soon as they are done, press each potato in a cloth, so as to crack the skin and allow the steam to escape. If this is omitted, the best potatoes will not be mealy. They should be

brought immediately to the table, as they will soon become solid and lose their flavor.

98. To Mash Potatoes.

After peeling and boiling them properly, the potatoes should be mashed through a colander with a potato pestle. Or they may be reduced to a pulp with a strong fork; but the usual method of beating them to a solid mass with a pestle renders them very unfit for the stomach. At the best, mashing potatoes renders them unfit for chewing or insalivating, and engenders rapid chewing, all of which are very unfavorable to healthy digestion.

99. Escolloped Potatoes

After mashing the potatoes through a colander, place them very lightly in a dish in which they are to be brought to the table. Set the dish in a hot oven for a short time, or until the surface of the potatoes is browned a little. This dish can be very nicely prepared by putting the potatoes into patty pans and browning. The potato cakes should never be piled on top of each other when removed to a dish, as they would breaky or become "soggy."

100. To Slice and Stew Potatoes.

After being peeled, as above described, the potatoes may be cut in slices varying from a half-inch to an inch in thickness, and stewed in water—not enough, however, to cover them; cover the vessel and allow them to cook till done. Allow them to absorb all the water. None but the best of potatoes should be prepared in this manner. By those who insist upon seasoning, a little milk may be added to the potatoes just before they are done, leaving them quite moist, or nearly absorbing the milk, as preferred.

101. Crisped Potatoes.

Boil medium sized potatoes till about half cooked, then peel and bake or crisp them in a hot oven. This saves much waste, and is superior to the ordinary process of baking without peeling them.

102. Potato Bread.

Nice cakes can be made by mixing equal parts of meal and mashed potatoes; rub them well together, and add water to form a dough; bake in small cakes and eat fresh.

103. Fried Potatoes.

When cold they can be made quite as palatable as by the old method of frying and warming with butter, grease, etc., by slicing into a dripping pan, adding a

little cream or milk, and setting in an oven for half an hour, till browned on the top; or they may be sliced into milk and cream in a spider, dredged with flour, covered, and left on the stove to warm over for half an hour; or they may be chopped fine and warmed over in milk or cream or milk gravy, being stirred frequently.

104. TO MAKE A POTATO PIE.

Prepare a crust of unbolted wheat meal and boiling water, made rather soft. Line the bottom and sides of a pudding dish, and fill nearly full of peeled and sliced potatoes—they should be cut in slices about a half inch in thickness—sprinkle a few slices of onions among the potatoes, or an equal part of sliced parsnips. Mingle strips of crust among the potatoes; add water to nearly cover, or milk if preferred—place a crust over the top and bake an hour or longer in an oven not hot enough to burn. A metal cover of iron or thick tin should be placed over the pudding dish. Serve it from the dish in which it is baked.

105. Browned Potatoes.

Take cold boiled potatoes; cut them in slices about one-third of an inch in thickness; lay them on a gridiron, soapstone griddle, or in a stove or oven till both sides are moderately browned.

106. Potato Flour.

Grate potatoes, previously washed and peeled, into a tub or large earthen pan of cold water; let the pulp remain till it falls to the bottom, and the water begins to clear; pour off the water, and add more—which should be pure and soft—stirring the pulp with the hand, and rub it through a hair sieve, pouring water on it plentifully; when the water clears pour it off carefully and add more, stirring it well, and repeat the process till the farina is perfectly white and the water clear; then spread the farina on flat dishes before the fire, covering with paper to protect it from dust; when dry, reduce it to powder; sift it, and preserve it in corked bottles or canisters.

The addition of potato flour seems to make many kinds of puddings, cakes and bread more light and tender.

107. Potato Soup

Pare and cut potatoes into small pieces; clean one-third as many onions, and slice thin; put both into a kettle, and add water sufficient for the consistency of soup when done, and boil well three-fourths of an hour.

108. Potato Jelly.

Pour water, while ACTUALLY BOILING, on the potato flour, and it will soon change into a very pleasant jelly. It may be flavored with a little sugar and fruit sauce.

109. Sweet Potatoes.

Sweet potatoes may be boiled with their skins on, or peeled and boiled, and then browned a little in the oven, or simply boiled. They are excellent sliced and browned the next day after having been boiled.

PEAS AND BEANS, AND THEIR PREPARATIONS.

Peas and Beans are not only the most nutritious of vegetables, but they are among the cheapest articles of diet used. They are similar in proximate elements to the cereal grains. Their composition, as determined by Einhof, is as follows:

	Peas.	Garden Beans.	Kidney Beans.
Starch,	32 45	34.17	35.94
Amyglaceous fibre,	21.88	15.89	11.07
Legumine,	14.56	10.86	20.81
Gum,	6.37	4.61	19.17
Albumen,	1 72	8.81	1.35
Sweet extractive matter,	2.11	3.54	3.41
Membrane,	. . .	10.05	7.50
Water,	14.06	15.63	(dried.)
Salts,	6.56	3 46	0.55
Loss,	0.29	0.98	. . .
	100.00	100.00	100.00

Green peas and beans, to realize fully their delicate flavor and sweetness, should be picked and *immediately* cooked. The more stale they are the less palatable will they be.

110. Dried Beans.

Soak in water over night; pour off the water, and put them in plenty of cold water over the fire to scald; just before boiling pour off this water, and add enough more cold water to cover about an inch or so; let these come to boiling, and set them back on the stove to cook slowly four or five hours. This renders them more digestible than the ordinary mode of cooking. If baked, they may be boiled an hour, and baked two or three in milk and cream and a little sugar

111. Green Beans.

Drop them into boiling water, and cook until tender, and they are good, without any seasoning If any is desirable, a little cream or sugar is admissible.

112. To Cook String Beans.

Select varieties that have tender, fleshy pods. They should be fresh gathered for cooking. Wash the pods thoroughly. String and break or cut them into small pieces. Boil in a closed vessel in a large quantity of soft water for three or four hours. They should be well cooked to pieces. A little flour stirred to a smooth paste, with cold water added five minutes before removing from the fire, is an improvement. Or a little good rich milk may be added a few moments before removing from the fire, with or without the flour paste.

113. Boiled Green Peas.

Shell, but do not wash them. Boil in water barely sufficient to cook them; then season with cream and sugar, and they are very palatable without salt. They can be boiled and served with new potatoes as a variety, and will be found to make a pleasant dish.

114. Baked Beans (Without Pork.)

Take one quart of clean, plump white beans; put them in a pan with sufficient water to keep them covered while soaking over night (ten or twelve hours); pour off the water and put them in an iron kettle to boil half an hour, or until they can be crushed by a squeeze of the thumb and finger; they are then ready to be poured into the baking pan, with sufficient water in the pan to keep them from burning at the bottom, and if the pan is covered it will prevent the beans at the top from being scorched. Bake from three to four hours.

115. Succotash.

One dozen ears sweet corn to a quart of shelled garden beans. Limas are best. Some like a large proportion of corn, some less. Put the beans into a large quantity of boiling water. While they are boiling cut the corn from the cob, as already described in No. 27, and throw the cobs in with the beans to boil fifteen or twenty minutes; then take them out; when the beans are tender add the cut corn, and let all boil together twenty minutes more; then add milk, a little cream and sugar, scalding it in, and it is ready to serve.

116. Winter Succotash.

Take equal quantities of dried sweet corn and of dried green beans. Wash and soak them separately over night in warm water. Add more water if necessary in the morning. Boil the beans slowly four or five hours, adding water occasionally. Cook the corn as in receipt No. 27; then add it to the beans, and cook slowly long enough to combine them well. This is an excellent article of food, if carefully prepared, although not equal to succotash in the summer.

117. Bean Porridge

Is made by cooking dried beans in plenty of water till they are quite boiled to pieces; then thicken the broth with wheat meal flour or Indian meal in a batter with milk.

118. To Cook Split Peas.

Select those that are not old or strong. Wash and soak them several hours in soft cold water. Drain off the water, wash them, and cover them with boiling water to stand over night. In the morning add more water, and boil them very slowly in a covered vessel for six or eight hours.

119. Split Pea Soup.

Wash and soak over night one quart of split peas in four quarts of water, and boil very slowly five or six hours. Strain through a fine colander; bits of toasted bread, tomatoes or onions can be added.

120. Green Pea Soup.

Take three pints of peas, three common sized turnips, one carrot, and the shells of the peas. Boil one quart of the largest of the peas, with the shells or pods, till quite soft; rub through a fine colander; return the pulp into the pan; add the turnips, a carrot sliced, and a quart of boiling water; when the vegetables are perfectly soft, add the young or smaller peas previously boiled.

121. Split Peas and Barley Soup.

Take three pints of split peas, half a pint of pearl barley, half a pound of stale bread, and one turnip sliced. Wash the peas and barley, and steep them in fresh water at least twelve hours; place them over the fire; add the bread, tur-

nips, and half a tablespoonful of sugar; boil until all are quite soft; rub them through a fine colander, adding gradually a quart of boiling water; return the soup into the pan, and boil ten minutes.

122. Pea and Vegetable Soup.

Boil a pint of split peas four or five hours in two quarts of water; add two carrots, two turnips, a large onion, a stick of celery and some potatoes, all chopped fine; cook until tender.

123. To Cook Dried Green Peas.

Wash the peas; pour boiling soft water over them sufficient to cover. Let them stand over night. Stew them for several hours, or until they are soft and pulpy. Add boiling water occasionally, and keep them covered closely while cooking.

TURNIPS, CARROTS, PARSNIPS AND ARTICHOKES, AND THEIR PREPARATIONS.

Turnips.—The flavor and nutritive value of the Turnip varies greatly with the soil and mode of cultivation—some varieties, as the *Swedish Turnip*, being coarse and insipid, while the *Yellow* and *Common White* are excellent. Though the turnip is but slightly nutritive, it is very easily digested. The green leaves of the turnip make excellent *spinach.*

Carrots.—As with the Turnip, many varieties of the Carrot are produced by climate and culture. It is very sweet, containing about ninety-five parts of sugar to one thousand. It is also more nutritive than the turnip.

Parsnips.—The Parsnip is even sweeter and more nutritious than the Carrot, and to most persons much more palatable. The volatile oil which the carrot and parsnip contain renders their flavor unpleasant to many. The best parsnips are of a brittle texture, very tender, and of a sweet and slightly aromatic flavor, entirely devoid of bitterness.

Artichokes.—The Jerusalem Artichoke, a native of Brazil, is used in Europe as a substitute for the potato, to which it is inferior in nutritive power, as well as in flavor. The *Garden Artichoke* is little used.

124. How to Cook Turnips.

Select good, fair turnips, and cut into pieces of uniform size, and place in a steamer over boiling water. Allow about an hour for cooking, though some turnips require a much longer time. Mash them without pressing, season with a little milk or cream and white sugar. They are good served without mashing or seasoning of any kind. If boiled in water there should be plenty of it, and they should be taken up as soon as done, because too long boiling, or in too small quantity of water, makes them bitter. Another way is to pour off the water, cut them up in small pieces in the kettle, add milk and a little cream and a little white sugar, and let it remain over the fire to simmer a few minutes.

125. To Cook Parsnips.

Scrape or pare off the skin, or peel after they are boiled; they will cook tender in half an hour. Then set them in the oven for ten minutes, and send to the

table without seasoning; or they may be pared and sliced and partly boiled in water, which should then be poured off and milk substituted, in which they should simmer slowly until tender. They are not so strong in taste in the autumn as in the spring; hence, although they are generally left in the ground through the winter, a part may be dug in the fall and packed in sand in the cellar for winter use. They are nice in soups, or are good to be eaten cold or sliced and browned on a griddle or in a hot oven.

126. Carrots

Are to be treated in the same manner, except that they are always dug in the autumn, and require about twice the length of time to boil.

127. Browned Parsnips.

Cold, boiled parsnips, cut in slices an inch thick and browned in a hot oven, make a nice breakfast dish.

128. Parsnip Stew.

Slice equal quantities of potatoes and parsnips, and boil them tender in a little water; add milk, and when it boils pour in a batter of cream and flour. It is a good dish in spring.

129. Jerusalem Artichokes.

Wash and brush, but do not peel them; boil them the same as potatoes; dry, peel and wash them, seasoning with milk or cream.

ONIONS, LEEKS, GARLIC, ETC., AND THEIR PREPARATIONS.

Onions, *Leeks*, *Garlic* and *Shallots* are to many persons objectionable as food, owing to the fact that their peculiar flavor and odor, as well as their

pungent qualities, are owing to the acrid volatile oil they contain. It is this oil which contains sulphur that communicates the well-known odor of the breath after eating onions or garlic. Persons with weak stomachs should avoid their use.

130. Boiled Onions.

Clean them of their outer skin, and boil an hour in clear water; then pour off the water and serve whole. Or they may be partly boiled and cooked slowly in new milk.

131. Stewed Onions.

Clean and slice thinly in a spider; add half a pint of water; cover tight, and cook slowly three-fourths of an hour.

ASPARAGUS AND ITS PREPARATIONS.

The Common Asparagus is a light, delicious and wholesome kind of food. It should be cooked soon after being picked.

132. To Cook Asparagus.

After cutting off all that is is tough, put the stalks in cold water, and let them boil twenty or thirty minutes, or until tender without being soft.

133. To Cook Asparagus. (Another Way.)

Wash and cut into small pieces; put into a kettle, pour in water sufficient to cover, and boil about half an hour, adding a little cream before taking from the fire, and it is ready to serve. This is very palatable when poured over toasted bread or biscuits laid in deep dishes.

CABBAGE, CAULIFLOWER, SPINACH, GREENS, ETC., AND THEIR PREPARATIONS.

THE cabbage tribe includes the Cabbage, Cauliflower, Greens, Spinach, and Broccoli. Eaten without vinegar, salt, or other seasoning, they are very healthy. The loose-headed cabbage are called *kales*, of which there are several varieties—as the Scotch kale, German kale, etc. Close-headed cabbages, called *Savoys*, are very sweet and of a tender texture. The *Cauliflower* and *Broccoli* form a head of both the stalks and leaves. They are neither so nutritious or so palatable as the common white or red cabbages.

Sauerkraut is prepared by the fermentation of cabbage, and as an article of diet has nothing to recommend it.

Spinach.—" Those parts whose leaves and leaf-stalks are nutritive and wholesome, and require no other preparation than simply boiling in water, are very numerous. In common use are young cabbages, potato tops, dandelion tops, mustard leaves, parsley, cowslips, deer weed, beet tops, etc. Some of the spinaceous plants—mustard, for example—are acrid and pungent, but lose these objectionable properties on being boiled. A bitter or an astringent principle resides in some of them—as the

dandelion and the cowslip—which impairs their flavor, though not existing in sufficient degree to affect materially their dietetic qualities.

"A variety of plants coming under the present head are employed as *salads*, the principal of which are lettuce, garden cress, water cress, rape, celery, lamb lettuce, endire, chickory, succory, etc. Most of them are too strong and acrimonious to be healthful; and those who avoid strong, rank animal foods, and eschew alcohol and tobacco, can hardly desire them."

The *rhubarb*, which is strongly though pleasantly acid, is employed both as a spinach and in making tarts and pies.

134. To Cook Cabbage.

Carefully wash and look over the heads; remove the outer leaves, and slice or quarter, and boil an hour and a half in as much water as will then be nearly boiled away, and serve without dressing.

135. Another Mode.

Boil the cabbage in plenty of water for an hour, or until tender; pour it off, and add thin sweet cream or milk gravy. It may be left to simmer a few minutes, or be seasoned in the dish in which it is served.

136. Another Style.

Chop the cabbage middling fine, and boil slowly in milk one hour; then add a thickening of cold milk and fine flour, and boil one minute.

137. To Cook Cauliflower.

Wash and cut into large pieces, and boil or steam; when done put into dishes, and pour over it a dressing as for cabbage.

138. Greens

Require to be carefully washed and cleaned. Spinach should be washed in several waters. All the cooking requisite is cooking until tender, and draining on a colander.

APPLES, PEARS AND QUINCES, AND THEIR PREPARATIONS.

FRUITS—in their ripened beauty, their inviting complexion, and delicious flavor—are, of all that is designed by the Creator for man's subsistence, the purest and best. "Aromatic and luscious, they hold their delights loosest of all, and give them away at the first solicitation. Their nectars claim instant kindred with the tongue and with the oral saliva. Nature has cooked them, and they need no mixture, no artificial fire; the grape and pine-apple are a sauce unto themselves, and are baked and roasted and boiled in sunlight. They are at the top of their life at the table; their niceness is not foreign, nor does their beauty depend upon disguise. By feeding the eyes with bloom and loveliness, they call forth a chaster saliva into the mouth to welcome and introduce them; different from the carnal gush which savory meats engender. They are flasks of the spiritual blood of the earth, of the kith of our tree of life, one nearer to it than aught beside, unless it be the mother's milk. The term FRUIT implies that which is for use, or which has attained its own object, and seeks its place in another system. Fruits therefore hang before our mouths, and tempt us

by Nature's sweetest wiles; as it were the nipples of her bosom, which still run pure with rills of the milk of her ancient kindness. They belong to mouth digestion, which is mere melting."

To enjoy all the delicate flavors of fruit, it should be eaten in its natural state, without preparation or seasoning of any kind, and as soon after picking as convenient.

The best, most nourishing, palatable and serviceable of all the fruits is the Apple, and for this reason should be used much more frequently than it now is. A heaped-up dish of ripe, mellow apples should always be kept on the breakfast and dinner table. Eaten in this state, with wheat-meal bread or other food, they are always relishable. They should never be eaten between meals, nor when the stomach has had enough in some other form.

Apples, like all other fruit, should not be stewed in metal of any kind. Porcelain-lined utensils are the best. The yellow crockery-ware is also unobjectionable; but the red is said to impart a very small quantity of the red lead in the glazing to the acids.

139. Baked Apples.

This method of cooking apples is the best, because they can be eaten without any addition whatever. Sweet apples are the most nutritious, either baked or raw. They require a hotter oven than the more tender, acid apples, and should not be left in so long as to dry up. If not juicy, water may be poured into the

pan before cooking. Sour apples require less fire, and should not be baked to pieces.

Bake, without breaking the skin, from three to five hours; when the pulp is perfectly tender, break the skin; if that is silken, like the cuticle of the hand, the fruit will be done. If you break the skin by baking, the heat and moisture will escape and the apple will dry. The peel prevents evaporation, and is a good conductor of heat.

140. Baked Apples. (Another Method.)

The most complete mode of baking is to seal them up (pared or not, whole or cut), and bake them, if juicy, without water or other additions, slowly, in a moderate oven, until perfectly tender. The best mode of sealing them is to place in a pipkin or earthen jar, put a strip of paste in the shoulder, and crowd the cover down into it. A little experience will teach how long they should be cooked.

141. Browned Apples.

A delicate dish is made by paring tender, juicy apples, quartering, arranging them on the plate, adding a little water and sugar if needed, and baking them quickly in a hot oven. They can be served on the plate in which they were baked.

142. Apples en Pyramide.

A showy dish is made by coring (with a corer) the whole pared apples, stuffing them with sugar and stewed raisins, and baking quickly in the same way. Pile them up, before serving, in the form of a pyramid, and they will be an ornament fit for any dinner table.

143. Boiled Apples.

The quickest mode of cooking apples is by boiling. Simply wipe, place them in a porcelain kettle, with half water enough to cover them; put in sections of lemon if you have them; stew till tender, and dish on a plate, putting the lemon around the edge of the plate; add sugar to the juice; simmer a minute; pour over the fruit, and serve warm or cold.

144. Stewed Apples.

When stewed, apples—as well as all other fruit—should be cooked slowly and gently Rapid ebullition drives off much of the aroma of the fruit with the steam, and it is also more likely to burn. If, however, you are in haste, you can, by having the slices of apples very thin, and the water hot, stew them very quickly without much loss. Greenings can be cooked in this way in seven to ten minutes, and they will be very delicate.

145. Stewed Apples. (Another Way.)

A better way is to quarter them, and simmer slowly in a close vessel; the richer the fruit the more juice you may allow. If the fruit is poor and abundant, cook one mess, pared or not, strain it through a cloth, and cook the next mess in the juice. Perfectly fresh cider may also be used, but not after it is two or three days old. If the apples are so tender that they will break, mash them up evenly, and if you choose pass them through a colander. It improves their flavor to add a little lemon juice, but not the essence or skin. both of which contain the unwholesome acrid oil.

146. Apple Dumplings.

Apple dumplings are not in very good repute for wholesomeness, but the fault lies with the pastry rather than with the fruit. They are much improved when made properly with good wheat meal [coarse Graham flour], although it should be remembered that boiled farinaceous preparations require more care in mastication than those which are baked. If you have tins large enough to hold a good-sized apple, and an inch and a half deep or more, you can make dumplings with a batter crust. Oil the tins slightly, make a batter as for wheat meal batter-biscuit, or a trifle thicker; put a spoonful of batter in the tin, press down into it an apple, pared and cored; cover it with batter, and put it into a steamer and steam three-fourths of an hour. Serve warm with a pudding sauce made with lemon juice, sugar, and water, and thicken with wheat meal—one large lemon or two small ones to a pint of sauce. This sauce can also be made with the juice of apples or other fruits.

147. Apple Dumplings. (Another Mode.)

Dumplings can be made with a scalded crust by pouring boiling water into good wheat meal, and stirring it [as little as possible] into a dough as soft as can be handled; roll out a quarter of an inch thick; inclose a pared and cored apple in it, and steam forty minutes. Serve as above.

148. Apple Dumplings. [Another Style.]

Boil, peel and mash a quantity of white mealy potatoes, then work in flour enough to form a dough; roll it out to a quarter of an inch in thickness, and use a medium-sized apple, pared and cored, to each dumpling. Boil them about an hour.

149. Pan Dumplings.

In making pan dumplings, crust, scalded as above, can be spread in a basin or pudding dish, the cored and quartered apples put in, an inch or more deep, with other fruits if desired, such as blackberries, whortleberries, etc. A similar crust is spread over the top, and it is steamed an hour, care being taken in all these cases not to let the steaming cease until it is done. The pan dumpling is not so likely to be light as the others—probably from the accumulation of juice within.

150. Turn Over Dumpling

The due medium of moisture and lightness is best attained in the Turn Over Dumpling. Roll out the scalded crust as above; cut each common-sized apple-quarter into about four pieces; to each pint of apple add a large handful of raisins, with the water in which they have been cooked, and stir in two or three large spoonsful of wheat meal to absorb the moisture; empty into the crust, and fold them in turn-over fashion; pin or tie the whole in a wet cloth, put it into hot water and boill fast for an hour. Put some dish under it to prevent its sticking to the kettle, and be careful not to let the water become exhausted. When taken from the water turn out at once, and serve warm with a fruit pudding sauce.

☞ All the above dumplings are more or less palatable baked, excepting the last, which would be too hard.

151. Boiled Dumplings.

A boiled pudding—a very plain one—is made with three or four cups of apples, cut as above, one cup of wheat meal, one cup of corn meal, and one cup of fine flour, with water enough to make a stiff batter. It can also be made with other fruit. The fine flour might also be omitted. Boil an hour and a half in a pudding boiler, and serve warm with a sweet sauce.

152 Apple and Rice Pudding.

Take chopped apple and dry rice—about a gill of the latter thoroughly mingled with a quart of chopped apples, and put into a pipkin, stew-pan, or jar, with one-third of a pint of water; seal close by putting paste between the cover and the jar, and cook two hours or more in a very slow oven. This may also be eaten as a dessert, with milk, cream, sugar, or with a fruit pudding sauce.

153. Brown Ben.

Put quartered and cored apples into a jar with about half water enough to cover them; place over these an equal quantity of rye and Indian bread-crusts; some dispose of the entire upper crust in this way. If very hard, the latter should be dipped in hot water. Let it all barely simmer on the top of the stove until the apples are perfectly tender; then stir them up with the bread into a uniform mass, smooth over, and serve warm. It is a great favorite with many. By adding sugar and currants, or well cooked raisins, this may also be used as a dessert.

154. Crusted Pudding.

A very simple crusted pudding may be made by filling an earthen pudding dish with sliced apples, and spreading over it thickly a batter crust made by stirring wheat meal into cold water until the batter is just too thick to settle flat. Bake thirty or forty minutes, then lossen at the edges, invert on a plate, mash

and sweeten the apples, cut into pie-quarters, and serve. Instead of the batter crust, pour boiling water into wheat meal and stir lightly, making a dough just firm enough to roll out; make it one-third of an inch thick, spread over the apple, and bake thirty minutes, or until the apples are tender; invert and serve as above.

155. Bird's Nest Pudding.

Stewed apples may be mixed in equal quantities with scalded sago or soaked tapioca, with currants, stewed raisins, or seedless raisins to the taste. Sweeten and bake forty minutes. Or stuff pared and cored apples with the raisins from the soaked and sweetened tapioca, or sago and apple over them; bake till the apples are tender, and you have a showy and delicious Bird's Nest Pudding.

156. Cocoanut Pudding.

Take two-thirds grated apple and one-third grated cocoanut, sweetened to the taste, and a very little grated nutmeg—one-third of a teaspoonful to a quart of pudding—just enough to flavor it, without giving the "tang" of the nutmeg. This is the proper way to use flavors when used at all. The result will be there, and evident, though the partaker may not be able to trace its origin. Bake this pudding half an hour.

157. Dried Apples.

Dried apples, when they have been made of good fruit and carefully prepared, are very nice—really much richer, when gently stewed till perfectly tender, than the fresh fruit. They make good puddings, with sago and tapioca, as well as with bread, lemon, and Zante currants.

For stewed sauce, a fine variety can be obtained by putting with them quinces, green grapes, and rhubarb, either canned or fresh, and lemon pulp; and some use prunes, raisins, and other fruits, both domestic and foreign. Sweet dried apples, usually so hard to dispose of, go off briskly when stewed with cranberries, rhubarb, and other sour articles, when nice dried apples can be had.

158. Other Puddings

Can be made with uncooked chopped apple mixed with equal quantities of cooked pearl-barley, or cracked wheat or hominy. To one pint of each of these ingredients add one gill of sugar, and, if you wish it, one-half pint of stewed raisins or Zante currants, and the juice of one lemon [with two spoonfuls more of sugar to sweeten it]; mix thoroughly, and bake an hour or more. This style of pudding is generally preferred to the bread puddings; but it requires more time for its preparation, as the pearl barley, etc., must be cooked first. It can be made more expeditiously with sago, as that will require scalding only before mixing. Measure after scalding.

159. Baked Apple Pudding.

Pare, core and slice about two quarts nice tart apples. Add to them one tea

cup of Indian meal, one cup of Graham flour, and stir all together. Pour over them three-fourths of a cup of sugar dissolved in two cups of cold water, stirring till all the flour is wet. Strew Indian meal evenly over the bottom of a deep basin or pan to prevent sticking, and turn the mixture into it, smoothing it evenly over the top. Then spread evenly over it a batter made by stirring together half a cup of cold water, three tablespoonfuls of Indian meal, three tablespoonfuls of Graham flour, and one tablespoonful of sugar. Bake about one hour and a half. To be eaten with cream or fruit sauce.

160. Rice and Apple Pudding.

Boil half a pound of rice in half a pint of milk till it is soft; then fill the pudding dish half full of apples which have been pared and cored; sweeten with brown sugar or molasses; put the rice over the fruit as a crust, and bake one hour.

161. Snow Ball Pudding.

Pare and core large, mellow apples, and inclose them in cloths spread over with boiled rice, and boil one hour. Dip them in cold water before turning them out. They may be eaten with syrup, sugar or sweetened milk.

162. Apple Pudding.

Peel twenty-five or thirty sweet apples and six or eight tart apples; slice them all into a large bowl; add to these one pint of unbolted wheat flour, and one pint of corn meal. Then dissolve one tea cup of sugar in water enough to moisten the whole. Sprinkle a deep pan with corn meal, and put in the fruit dough. Then take a teaspoonful of sugar, and a gill each of corn and wheat meal, make a batter and spread over the top. Bake from three to five hours. If no unbolted wheat meal can be got, a half pint of fine flour and one and a half pints corn meal will do for the above.

163. Apple Tart

Pare some good cooking apples; slice them thin, and cook them until quite soft, in as little water as possible; when done, mash until smooth; add a tea cup of sweet cream; flavor with lemon, and sweeten if desired; mix well together; put a pie paste round the dish; fill with the apples, and place a few ornamental bars across; bake half an hour in a brisk oven.

164. Apple Pie.

Pare and core well-flavored apples—the nicer the fruit, the better the pie; cut them in slices, and fill the under crust; sprinkle a little water over them; cut a few holes in the upper crust and lay it over. Wet the edges and press well to-

gether to prevent the juice escaping. If the apples are hard, they had better be first stewed. Bake till the fruit and crust are thoroughly cooked.

165. Plain Apple Pie

For crust, boil white mealy potatoes, and mash smooth with milk as for the table, and let it cool. Stir in Graham flour sufficient to roll out, kneading only just enough to mix well. Stew nicest cooking apples soft and smooth, with very little water; let it cool; bake in an under crust, and ornament the top with bars of crust.

Pears.—Many good pears are spoiled by being eaten too soon. Like apples—but unlike most other fruits—they ripen naturally after being gathered; that is the pulp perfects its sweet juices and exquisite flavors after the seeds are ripe, and the fruit has parted readily from the tree. But pears are much shorter lived than most apples, and much more precise as to the exact time when they should be eaten. A single day often makes a great difference. They must not be very warm or they will rot, and they will ripen faster in the dark than in the light.

Very few pears are sufficiently juicy to be served raw with sugar like peaches. They are generally preferred from the hand, and they make an excellent dessert, if housekeepers would only be content to have no other dessert with them. This eating a full dinner, and then a full dessert, and then fruit after that, makes the fruit (?) very unwholesome in the estimation of some people. If the latter had the wit to reverse the process, and

eat the fruit first, they might find a new idea or two.

"Cooking pears" are often poor, hard, flavorless things—at least this is the usual character of those sold for that purpose—not so much because they are better than others when cooked, as that they are good for nothing unless cooked. Some of the finer flavored pears are delicious when cooked, taken either hard or mellow, though in the latter case they need but little cooking. The poorest varieties are almost as flavorless after cooking as before, and the molasses they are sometimes boiled in does not improve them to my taste. I suppose, however, it is quite as wholesome as sugar—perhaps more so, only it is commonly used too freely.

166. How to Cook Pears.

Pears may be cooked whole with stems and skins on, or pared or quartered, or both. But in any case they should be steamed gently until perfectly tender. Test with a straw. Very palatable flavoring for poor pears is sliced green ginger or broken cinnamon, in small proportions—say an ounce of either to half a peck of pears, with sugar to the taste. Remove the spices as soon as the juice is delicately flavored with them. But the most wholesome flavorings are other tart fruits with which they can be cooked—as lemons or apples, or quinces or cranberries. With lemons in sections, pared or unpared, the pears, whole or quartered, but with the skins still on, make a very pretty dish. With other fruits they should be fully dressed, or rather undressed. With apples the pears may need cooking awhile first, and in all cases the cooking should be very gentle, to preserve the aroma of the fruit, and to prevent its breaking. With cranberries stem the latter fruit first, and if wanted extra nice strain out the skins and stew the pears in the juice. Of course any of these preparations may be canned.

Pears are of very little value baked, unless they are of the more juicy varieties. Even then, with all but the best, it is desirable to pour over them a thin syrup when they are taken from the oven. With the dryer kinds there should be water and sugar in the dish while baking.

Quinces "are one of the most delicious fruits ever spoiled with too much sugar. They do not seem to be generally appreciated unless jellied or preserved. But there are many other desirable ways of using them. We must premise, however, that there is a great difference in the kinds. The apple quince, now quite common, known by its rounded form and its yellow hue, is the most tender and the most delicately flavored.

167. How to Cook Quinces.

They should be stewed half an hour or until perfectly tender. They can be used alone, but to most tastes they are preferable when the intense flavor is softened with half or two-thirds apple or pear, stewed gently together and sweetened to the taste. With the pear, especially, they form a very delicate and delicious dish.

The clean cores and skins may be steeped together fifteen or twenty minutes, and the water drained off and used to stew quinces alone or with the other fruits. These contain the gelatinous principle which makes quince jelly so thick and firm. It has, however, very little of the fine flavor of the fruit—unless, indeed, the parings are thicker than economy dictates—so that when jellies are made of these only it requires much sugar to impart a taste. But if drained out, and stewed with the quinces, and then drained without pressing, a delightful jelly can be made without requiring much sugar. This is more wholesome than the old-fashioned jellies, but to keep long it must be put hot into air-tight cans, after the common mode of canning fruit. The quince that were drained can be mixed with stewed apple, boiled up together once to make them homogeneous, and served warm or cold.

Quinces and apples in equal quantities, stewed, mashed and strained, make a fine marmalade, which is very good also for tarts. Quinces, pears, and cranberries, in about equal quantities, stewed together and strained, also make nice tarts, but this is more of a mixture of flavors then we often make. If any think it an improvement on apple and quince, or apple and cranberry, they are welcome to it. Canning is the most desirable mode of preserving quinces. They are more digestible than when preserved in sugar, and then they can be used in any of the above recipes.

Peaches.—The best peaches have a firm flesh, thin skin, deep bright color toward the sun, with a

yellowish green opposite. They are divided into *Freestones* and *Clingstones*. The former, in which the flesh easily separates from the stone, is generally regarded as the best flavored variety." The varieties of the peach are almost innumerable.

The *Nectarine* is a variety of the peach, and only differs from it in having a smooth skin.

168. Uncooked Peaches.

The best method of eating peaches is in their natural state and form, when they are fresh and ripe. Another mode is to peel them; cut the fruit off the stones in quarters or smaller pieces; after placing in a dish, stir in a little white sugar, and sprinkle a little more over the top.

169. Boiled Peaches.

When peaches are not well ripened, or too sour to be eaten without cooking, boiling improves them very much. They should be pared—except when the skins are very smooth, clean and tender—but not stoned; boil moderately till sufficiently cooked, and then sweeten.

170. Peach and Pear Pie.

Pare and mash nice mellow peaches, pears or sweet apples, and bake, without any previous cooking, in any plain crust, either using an under crust alone, or an under crust and an upper crust and no sugar. Very few persons would refuse these on account of their plainness.

171. Stewed Green Peaches.

Pare them, and take out the stones; add a very little water, a sufficient quantity of sugar, and boil very slowly until well cooked.

Plums.—Fresh, ripe plums, taken in moderate quantities, are wholesome and nutritious.

Prunes are prepared from the larger and sweeter variety of plums by drying them, either by solar or artificial heat.

Apricots.—The apricot, a species of plum, seems to be intermediate between the peach and plum.

172. APRICOTS.

Ripe apricots may be prepared in the same way as peaches—but they are best with no preparation at all. Unripe apricots may be cut into quarters, sweetened, flavored with lemon, and stewed in a little water They will cook in a very few minutes. Avoid stirring and breaking the pieces, but shake the pan around occasionally to prevent burning.

The *Cherry*, of which there are very many varieties, is, when fresh and sound, a pleasant and wholesome fruit.

173. TO COOK CHERRIES.

Stewing is the only proper method Remove the stalks from the cherries; pick them over carefully, and reject all unsound ones; put them into a pan with very little water, and sugar in the proportion of about three ounces to a pound of cherries; simmer them slowly over the fire, shaking the pan round occasionally till done. If a richer article is wanted, take the cherries out with a colander spoon, and keep them in a basin till cold; reduce the sweetened water to the consistency of syrup and put it over the cherries.

Dates.—The date is a fruit of considerable importance in the East, and a large proportion of the inhabitants of Egypt, Arabia and Persia subsist in great part on it. It is very nutritious and extremely sweet, more than one-half of it being sugar. The Arabs reduce dried dates to a kind of meal, of which date bread is made, and on which alone they subsist during long journeys.

Currants.—The currant is sharply acid, yet very pleasant, agreeable and cooling, and, if stewed,

may be eaten, either green or ripe. The *White Currant* differs from the *Red Currant* in being rather less acid. The *Black Currant*, although a distinct species, is similar in constituents, with the addition of a peculiar volatile principle and a violet colorlng matter.

174. Currants.

The best currants, when quite ripe, may be eaten uncooked, with a sprinkling of sugar. When half or two-thirds grown they are more mild-flavored and pleasant than when fully ripe; they then require stewing a short time and moderate sweetening.

Gooseberries, in their general properties, agree with currants. They should be cooked until thoroughly softened, and then sweetened to suit the taste.

Cranberries.—These berries are very sour, but are in very great demand for the purpose of making sauces, jellies, etc.

175. Stewed Cranberries.

Wash and pick the berries; stew them in just as little water as will prevent them from burning, till they become soft; then add half a pound of sugar to a pound of the fruit, and simmer a few minutes.

176. Cranberry Pie.

Stew a few good, ripe, sweet apples, and add an equal quantity of cranberries. Cover a deep plate with a crust, and fill even full; roll the upper crust, and cut in strips half an inch wide, and lay across the pie, leaving the spaces-diamond-shaped.

177. Whortleberry Journey Cake.

Put a pint of whortleberries in a bowl, and add a small tea cup of white sugar,

one pint of corn meal, and a large tablespoonful of fine flour; wet with boiling water; bake in cakes about half an inch thick on a griddle, or in an oven, twenty minutes.

178. Whortleberry Journey Cake.

Stir sufficient boiling water with corn meal to make a stiff dough; add one-half good, ripe whortleberries; flatten, with the hand wet in cold water, to half an inch thick, upon a piece of sheet iron, and bake before the fire or in a hot oven till well cooked.

179. Fruit Toast.

Prepare the bread as for dry toast, and pour over it sufficient boiling water to soften; have ready a dish of stewed whortleberries, cherries, currants, apples, or other fruit, and, while boiling hot, place it with the toast in layers, in a deep dish. The fruit should be quite juicy, as the bread will absorb a large portion. Cover the dish, and send immediately to the table.

180. Fruit Juice Gems.

Mix wheat meal with the freshly expressed juice of any ripe fruit, or the juice of stewed raisins or currants; stir to a stiff batter, and bake as gems or drop cakes, or knead in more meal and bake as rolls or loaf bread. If figs or dates are chopped and put in, or a few raisins or currants used, it will make a superb cake.

181. Rich Fruit Cake.

Stew good, ripe, sweet apples with sufficient water to make them quite juicy; when soft, mash, and add one-third sweet currants; mix while boiling hot with wheat meal; roll, and bake as diamonds.

182. Cocoanut-Milk Wafers.

Mix wheat meal with cocoanut milk (nothing else) to a thin batter, and drop a small spoonful to a cake, and bake in a hot oven. They bake so quickly as to require watching to prevent burning.

183. Cocoanut Gems.

Grate up a cocoanut, and mix it with its milk and sufficient cold water and wheat meal for twenty-four gems or drop cakes. If desirable put in a few currants or chopped figs, dates or raisins.

184. Fruit Pudding.

Cut nice, pared apples into pieces; mix with these a few currants, raisins,

chopped figs or dates, dried cherries or dried plums—in fact, almost any kind of dried or fresh fruits or berries; put into a baking dish. Now make a batter (do not make it stiff) of wheat meal or corn meal, or both, mixed with water, either hot or cold (boiling water is best if you use all corn meal), and pour over the fruit until all is covered.

185. Another Way to Make Fruit Pudding.

Make a crust as for pies, and lay it in a bake dish; put in it a layer of any kind of fresh or dried fruit; then a layer of cold mush or soaked bread, or crackers pounded and soaked, or boiled rice or barley; then a layer of the same or some other kind of fruit; then of the same or some other kind of mush, and so on until the dish is full. Bake or steam as desired.

186. Christmas Pudding.

Mix together a pound and a quarter of flour or meal, half a pint of sweet cream, a pound of stoned raisins, four ounces of currants, four ounces of potatoes, mashed, five ounces of brown sugar, and a gill of milk. When thoroughly worked together, add eight large spoonfuls of clean snow; diffuse it through the mass as quickly as possible; tie the pudding tightly in a bag previously wet in cold water, and boil four hours.

187. Christmas Pudding. Another Way.

Boil a cup of rice till nearly done; place a layer of rice in a deep dish, then a layer of sliced apples and a few raisins, covering this with another layer of rice, and so continue till the dish is full; round up the dish well with apples; cover with a plate, and bake a half hour.

188. Strawberry Cake.

Make a dough of sweet milk and cream and Graham or white flour, and bake as a crust on two pie plates in a quick oven; lay the berries on one, and strew over sugar; lay on the other crust, and press them slightly together; let it stand half an hour or so, and it is ready for the table.

189. Bread and Fruit Pudding.

Cut in two and soak any of the forms of bread cakes in sweet milk; line the bottom of a pudding dish with them; then put over a layer of apples or peaches or berries, or any kind of fruit sauce; then another layer of bread, and so on until the dish is filled, leaving the top layer bread; cover with a plate and let it cook through, or until the fruit is tender.

190. Dried Fruit Pudding.

One quart Indian meal, two spoonfuls molasses, one cup raisins or dried cher-

ries or whortleberries, stewed tender, one quart boiling water or milk; stir all together and steam three hours.

191. Currant Pudding.

Take a pint of washed, dried currants; mix these through two quarts of Graham flour; pour into this sufficient boiling water to make a soft dough, tie in a cloth, and boil one hour.

Grapes.—Says Julia Colman, in a recent contribution to the *Rural New-Yorker*: "There is probably no fruit more wholesome than grapes. The simplest mode of eating is the best—fresh, without any preparation. The common practice of extracting the pulp and rejecting the skin is not in the least objectionable. There has been much dispute about the propriety of swallowing the seeds. The objectors allege that they are not digested. True, but that is also the case with many small seeds and other substances which still are not hurtful. It is, indeed, indispensable to have some *debris* in our food which shall so distend and rub against the walls of the lower part of the alimentary canal as to promote healthful action. The seeds of the grape are well adapted to this office.

192. To Stew Grapes

For the table, clip out the green or decayed fruit, and if the clusters need washing, lay them on a sieve and apply a stream of water with what force you can command, and then drain and dry them. In this way, if carefully handled, the bloom will remain almost unimpaired. Of course, for use fresh, they should be perfectly ripe. But grapes are often marketed too soon, though they may show

color. In this case they should be cooked. Simply stemmed, stewed with a little water and sweetened, they make very good fruit sauce for dinner or tea. To remove some of the seeds, cook them in a flat porcelain kettle, remove them from the fire when nearly done, stir a minute, then return them, and let them boil up briskly on one side; many of the seeds will appear here, and may readily be removed with a skimmer.

Green grapes—those which have been removed from the vines to perfect the rest—are very good stewed. If thickened with oatmeal, say about two spoonfuls to a quart, they will require less sugar. Add occasionally a little broken cinnamon. They are also very good stewed with two-thirds prunes or ripe tomatoes. If canned, they will be very acceptable in the winter, with dried apples. Perfectly ripe grapes can also be stewed or canned to great advantage.

193. Grape Marmalade

Is made by stewing grapes with half or two-thirds apple, and then let it be strained and sweetened.

194. Grape Marmalade Pudding.

An excellent marmalade pudding may be made by placing this marmalade in a pudding dish in alternate layers, with wheat meal batter biscuit (any other wheat bread will do, but it is not so rich); bake in a slow oven thirty or forty minutes. A more juicy pudding may be made with the bread and grapes only, stewed or whole

195. Grape Toast.

Grape toast is one of the most harmless dishes that can be offered to an invalid. It is made by dipping a few spoonfuls of stewed grapes over half a batter biscuit, and letting it stand till soft, serving either warm or cold. It is far more wholesome than the dry toast, buttered toast, or milk toast, usually given to invalids.

196. Jellied Grape.

Jellied grape, a very delicate dish, is made of one-third cup rice, two cups grapes, and one-half cup water (with or without two spoonfuls sugar.) Sprinkle the rice (and sugar) among the grapes while placing them in a deep dish, pour on the water, cover close and simmer two hours slowly in an oven. Serve warm as sauce, or cold as pudding. If served warm as pudding increase slightly the proportion of rice and water.

197. Grape Batter Pie.

For batter pie, make a batter as for batter biscuit (stirring slowly, and sifting in about two cups good wheat meal into one and a half cups water): cover with this the bottom of a pudding dish half an inch deep; place on this a layer of

grapes, sprinkling on one spoonful of sugar and one of wheat meal; put batter around the sides, then add another layer of grapes, etc., finishing with a thin cover of batter, and bake an hour. Serve warm or cold.

Raisins.—Grapes, when dried, are called raisins. Abounding more in sugar and less in acid, they are somewhat more nutritive than grapes. The small black currants sold by grocers are the small or Corinthian raisins.

Figs.—The fig, which is very sweet and nutritious, forms the principal article of food among the inhabitants of some of the eastern countries. They are generally prepared by dipping the ripe fruit in a scalding hot lye made from the ashes of the fig tree, then dried in ovens or in the sun, and packed close in boxes or chests.

Cucumbers.—The cucumber, when eaten (as it ought to be) without salt, pepper or vinegar, is a valuable and healthful article of food.

Pick what is wanted for the day early in the morning; wash and peel, and they are ready for the table. Those wanted for dinner may be kept in an ice-chest or cool cellar. Slicing in water renders them hard and indigestible.

198. To Stew Cucumbers.

Pare and cut them into quarters, taking out the seeds; boil like asparagus; serve with toasted bread and sweet cream.

Melons.—The muskmelon is very easily digested and is a delicious fruit, Watermelons are

somewhat less nutritive. In the warm days of August and September, melons are a most excellent refrigerant, and to enjoy their eating they should be as cold as possible. After picking or purchasing a melon, give it a good bath in cold water, and then pack it in ice for two or three hours; just before serving the musk or green flesh melons should be halved, and the seeds carefully removed, leaving that delicate fringe with which the inner surface is covered, as it is really the tid-bit of the fruit; fill the halves with ice, and send to the table. Use plated knives to cut the fruit, and never steel ones, as the latter affect the delicate flavor of the melon.

Pumpkins.—The best pumpkins are those having hard shells—so hard they cannot be pared, for such will be found to possess the sweetest and firmest meat.

199. Pumpkin Pie.

Pare the pumpkin and cut into pieces of nearly uniform size—the larger the better—and lay in a steamer, which is the best way, or drop into boiling water. When tender press through a colander. Mix thoroughly with this about one large spoonful of wheat flour to a pie, sugar enough to sweeten, and pour upon it scalded milk sufficient to make it thin. Bake in an undercrust, about an hour, in a moderate oven.

200. Pumpkin Pie. (Another Method.)

Sift stewed pumpkin or squash, add as much milk, and sweeten to taste. A teaspoonful of fine flour to each pie will thicken, instead of eggs. If no milk be used, take half the quantity of water instead, and a tablespoonful of flour. Sift a little corn meal over the plates, then pour in the pumpkin, and press the meal on the outer edge against it. Or a crust, made of fine or unbolted flour and shortened with potato, may be used.

201. Pumpkin Johnny Cake.

Stew and strain some pumpkin, stiffen with Indian meal, and bake in a hot oven; or mix meal with stewed or grated apple; if sour apple is used, add a little sugar; the same may be baked on a griddle.

202. Squash Cakes.

Mix fine flour with half its bulk of stewed squash or pumpkin, and add milk enough to make a thick batter, about a cup of milk to each cup of squash. Cook on a griddle.

203. Squash.

Summer squash should be steamed, mashed, and served without dressing or seasoning.

Winter squash should be pared, cleaned inside, cut into large pieces and boiled, or steamed, which is better. When done, mash and season with sugar, and it is ready for the table.

If desired, a little cream may be added to either. When steamed, the nicest, dryest pieces of winter squash may be taken out and sent to the table as an excellent substitute for sweet potato.

204. Baked Squash.

Take winter squash, cut in halves, partially clean them inside, and bake slowly in an oven an hour and a half; then scrape the inner surface and remove the squash from the rind—which has served as a dish in baking—mash and serve for the table; or cut the squash into several pieces, take off the rind, clean inside, and bake slowly. Eat the same as bread or baked potatoes.

Tomatoes.—The tomato, called from its beautiful appearance the *love apple*, is one of the most healthy and palatable fruits brought to our tables. When perfectly ripe and sound, the best and most palatable way of eating it is in its natural state, without using salt, pepper, or even peeling it, eating it as you would an apple.

Scalding is the method usually employed to loosen the skin, but this injures their freshness and

flavor. They should be ripe enough to peel without scalding; if not, it is better to pare them.

205. Tomatoes Raw.

When fresh and ripe, they may be cut and immediately eaten with sugar, or sugar and cream. To an unperverted taste this is a very palatable mode of eating them.

206. Tomatoes and Peaches.

A very delicious dish is made of one-third sliced mellow peaches and two-thirds sliced tomatoes, with sugar to the taste, standing an hour before serving.

207. Stewed Tomatoes.

Stewed tomatoes are very frequently eaten without seasoning, which is not surprising if we consider that they are themselves much used as a condiment. Cooking slowly an hour or an hour and a half makes them richer. For variety they may be thickened with wheat meal or oat meal—say a large tablespoonful to a quart of the stewed fruit, or crackers or bread crumbs, each cooked in ten minutes, and seasoned with chopped onions to the taste, cooked more or less, as you prefer the flavor mild or sharp, or with sugar and a very little cinnamon. They are also very good stewed with one-third pie plant or green grapes In these cases a little oat meal thickening will greatly decrease the demand for sugar. Equal parts sliced onions and tomatoes, the latter green or ripe, cooked slowly together for an hour and a half, make a dish very generally acceptable, even to those not usually fond of onions.

208. Fried Tomatoes.

Green or half ripe tomatoes fried, or rather browned, make a nice relish for breakfast, but they require care and patience. Wipe the fruit clean, cut in slices one-fourth of an inch thick, dip in corn meal, and brown on a griddle till tender, say ten or fifteen minutes.

209 Baked Tomatoes Stuffed.

To stuff and bake, select them large, smooth and firm; cut a lid from the stem end, carefully scoop out the seeds and drain the emptied rinds. Put the seeds and juice in a porcelain-lined stew-pan, and stew twenty minutes; add an equal part—or enough to thicken it—of bread or cracker crumbs, or part boiled rice; chopped onion to the taste—say one onion to a dozen tomatoes—and two or three sprigs of thyme. Mix well and stew ten minutes longer; then fill the tomatoes and replace the lids, or dust with bread crumbs, and bake one hour and a half.

210. Baked Tomatoes.

Baking is one of the choicest methods of preparing this excellent fruit. Choose these nearly of a size, wipe and place them on a pie dish and bake them, on the top first, an hour or more, in an oven hot enough to brown but not to scorch them. Then set them on the bottom of the oven and simmer the juice thick. All who taste them will suppose, unless you tell them, they are already seasoned; and so they are, by Dame Nature, that most accomplished of all cooks.

211. Tomatoes and Rice.

An excellent side dish for the dinner table is made by mixing evenly one part dry rice with three parts peeled and sliced tomatoes and one part water in a porcelain-lined stew-pan [tomatoes should never be cooked in metal of any kind;] let them boil up briskly for fifteen minutes, and then set them where they will barely simmer for an hour.

For a dessert dish, take one part dry rice and seven parts carefully sliced tomatoes; place the latter in an earthen pipkin or stone jar, in layers, sprinkling the rice evenly between them, pour over the juice, and then cover closely and set in a moderate oven where it will simmer slowly for two or three hours. If properly done, the rice will be so perfectly developed by the juice of the tomato as to taste like a delicate jelly. It needs only the addition of a little sugar when putting together, to transform it into a delicious pudding. In either case, eat alone or with a dressing of cream-milk sugar to the taste.

212. Tomato Bread Pudding.

For a bread pudding, take one part bread, cut very thin, [wheat meal bread is the richest,] and four parts tomato, and proceed in the same manner. These dishes may be made with canned tomato, but not with so good effect, as the rice at least is likely to settle With the bread it does better.

213. Tomato and Sago Pudding.

An excellent pudding may be made with canned tomato by adding one spoonful of sago to one pint of tomato [or two spoonfuls if the latter is very thin] and a slice of bread or a sliced wheat meal batter biscuit soaked in diluted lemon juice; with one large spoonful of sugar. Bake thirty or forty minutes, according to the heat of the oven.

214. Tomato and Green Corn.

A delicate dish which resembles a custard is made with one cup grated green corn, one cup strained ripe tomatoes, one cup water, and one large spoonful of sugar. If the corn is very young, add a spoonful of corn starch to thicken it. Bake twenty or thirty minutes.

215. Tomato Pie.

Peel and slice ripe, or fully grown but green tomatoes, and lay them on dishes as for apple pie. Sprinkle on a little flour, and sugar to suit the taste. Bake with two crusts, in a moderate oven. This can be made with one crust only, by stewing the tomatoes before putting into the pies.

216. Tomato Soup.

Peel fresh, ripe tomatoes; add a little water, and stew them one hour; strain through a coarse sieve; stir in a little flour, or crumb in toasted biscuit, and add a teaspoonful of brown sugar to a quart of soup; then boil five minutes.

217. Beets.

Wash carefully, but do not cut them. In summer they will boil in an hour or less. In winter they require two or three hours. When done drop them into cold water, and the skins can be readily slipped off by the hand. Cut in slices and set upon the table. A very nice dish is made by boiling young beets and new potatoes, and after peeling cut them up in small pieces, mix well together in a deep dish, and pour over them thin, sweet cream for a dressing, or if cream is not to be had, a thin milk gravy will answer. Another way is to pare and slice the beets and boil them in a little water, so when they are cooked it will be nearly boiled away; then add a thickening of flour and milk, and let them simmer ten or fifteen minutes. They may also be cooked by baking four or five hours in an oven.

218. Vegetable Soup

Is made by boiling two parts of potatoes, one part of cabbage, one of onions, one of carrots, and one of turnips, in water sufficient for soup. The cabbage, carrot and turnip should be put in a half hour before the onions and potatoes. Sweet potato is an improvement to this soup.

PIES.

Pies, as they are usually made and eaten, are a fruitful source of derangement to the human or-

ganism. This cannot help being so, for if the butter, hog's fat, salt, and the finest sifted flour, mixed together, baked, and eaten as pie crust will not do it, nothing short of poison will. The object of eating is to supply the waste that is constantly going on in the body, and how this mixture can build up new tissue physiologists would find some difficulty in solving.

Light, tender, palatable and nutritious pie crust can be made without salt or grease of any kind.

In using whole wheat meal the pie crust will have a dark appearance; and many housekeepers do not like this because it "looks so!" Paltry as is this argument, to those who believe more in appearances than in intrinsic value it is unanswerable.

219. Pie Crust.

Pour sufficient boiling water upon wheat meal to make a stiff dough; roll, without kneading, to any desired thickness, from an eighth to a half inch. This makes a tender crust.

220. Pie Crust—Potato Shortening.

Choose good potatoes of about an equal size; pare and boil them; pour off the water, and sift while hot through a wire sieve; mix with your flour about an equal portion to shorten it. This is the most wholesome shortening for pies, etc., and can be made richer by the addition of a little new milk or fresh cream.

221. Pie Crust—Bean Shortening.

Boil white marrow beans in plenty of water until soft, and work through a colander and mix with flour in as large a proportion as can be done; let the dough have sufficient tenacity to admit of its being handled when rolled; knead moderately stiff and roll out thin, and the crust is ready for the plates.

222. Pie Crust—With Corn Meal.

Make a rather thin batter, by mixing one cup of corn meal with boiling water; when cold, add sufficient wheat meal to roll. To avoid making it tough it must be rolled without kneading.

223. Berry Pie.

Blackberry, Raspberry, Strawberry, Cherry, Green Currant, Whortleberry and Cranberry Pies are all made after the same general plan. A little thin batter should be poured in, or a little dry flour sprinkled over the fruit after it is laid in the dishes, to thicken the juice; and should be sweetened in proportion as the fruit is more or less acid.

224. Pie-Plant Pie.

Strip the skins from the stalks, and cut into pieces about a quarter of an inch long; lay the pieces on the crust, sweeten well, add a little water, cover with a crust, and bake in a moderate oven.

225. Pie-Plant Pie. [Another Method.]

Prepare the stalks as above; cover with boiling water and let it stand about fifteen minutes, then pour off; or steam in a dish without water and pour off the juice, which can be used for jelly Roll baker's crackers and mix with the stalks, allowing one large cracker to a pie. This requires less sugar, and hence is less rich.

226. Dried Fruit Pies.

Apples Peaches, and indeed all dried fruits, are prepared in the same manner. They should be carefully looked over, washed, and set to soak in cold or tepid water for two or three hours. Then stew in the same water till soft. Sweeten just before taking from the fire, and when done stir in a little flour to thicken the juices.

The fruit is now ready for the crust, and may be covered with an upper crust at pleasure.

Many pleasant combinations can be made by mixing the different fruits—as peaches with apples, raspberries with apples, raspberries with blackberries, etc.

227. Strawberry Pie.

Place the under crust upon a deep plate, and the upper one, cut just the right size, on a flat tin or sheet iron; prick, to prevent blistering, and bake. Fill the deep dish while hot with strawberries, and cover with the flat crust. If the fruit is rather hard, replace in the oven till heated; if quite ripe, the crust will steam them sufficiently.

228. Green Currant Pie.

Pick over the fruit carefully, rejecting all diseased ones; add an equal quantity of stewed sweet apples, or other sweet fruit, and bake as Apple Pie.

229 Berry Tarts.

Cover gem pans with crust, as for pies, and bake; when nearly done fill up with berries, and replace in the oven for a few minutes.

230. Custard Pie without Milk or Eggs.

Boil Iceland moss in water till it will make a jelly; flavor with lemon or berry juice [not extracts], and pour into a crust previously baked. Set away to cool before eating.

231. Lemon Pie.

Grate the yellow part of the peel of one large lemon, and add it, with the juice, to two-thirds of a cup of sugar; mix smoothly one and one-half tablespoonfuls of flour in three-quarters of a tea cup of water; stir all together, and add the well-beaten yolks of two eggs; bake, with only an undercrust, to a nice, golden brown color; when done, pour over the top the whites of two eggs beaten to a stiff froth with two tablespoonfuls of powdered white sugar; set in the oven for a few minutes to harden.

GRAVIES AND SAUCES.

232. Grape Juice Sauces.

Grape juice makes delicious pudding sauces. Cook and drain the grapes [you get more and richer juice than by bruising them fresh]; mix with more or less water, as you please—with most grapes, half-and-half is a good rule; boil, sweeten and thicken to the taste with flower or wheat meal. This grape juice is very different from wine, which will not answer to take its place, because it is not so rich.

233. Dumpling Sauce.

Three gills boiling water poured upon a half lemon finely sliced, and a full tea cup of sugar; let it simmer a few minutes.

234. Milk Gravy.

For a quart of good, sweet milk wet up with milk or cream a heaping tablespoonful of superfine flour, stirring out all the lumps and adding a beaten egg. The milk meanwhile is heating over the stove; just as it comes to the boiling point stir in the thickening, and as soon as it boils it is ready for the table. If allowed to boil over half a minute it is nearly spoiled, the creaminess which nice care in cooking gives it being lost.

235. Pudding Sauce.

The same gravy, made thinner without the egg, and sweetened, and perhaps with a ltttle more cream added, makes a good sauce for puddings and dumplings.

236. Patent Cream.

A good substitute for cream is made by stirring a very little corn starch in a batter into boiling milk—say about one tablespoonful to a pint of milk. It needs simply to boil, and it is ready for the table.

237. Mock Cream.

Beat three eggs well, and add three heaping teaspoonfuls of sifted flour; stir it into a pint and a half of boiling milk, and add sugar to your taste. A little lemon juice may be used in order to give it a flavor.

238. Flummery.

With one-half tea cup of corn starch mix cold milk till quite thin; then add this to two quarts of boiling milk, stirring as you pour in, and allow it to boil one minute. Have three eggs beaten with a half tea cup full of sugar, and mixed with a half tea cup of cold milk; then, while the starch boils, slowly pour and stir this in; after boiling another minute the dish is ready for the table.

Flummery makes a very fine sauce for cracked wheat, puddings, etc., and supplies the place of sauce prepared with butter, sugar, wine, etc., which is unhealthful; made with little or no sugar, and eaten with bread, flummery is very wholesome food for children.

239. Cranberry Sauce.

Stew and sweeten as for berries, except that when done the water should be

nearly stewed out. When done, strain through a sieve to separate the skins from the sauce.

240. Apple Sauce.

Pare, quarter and core the apples and put them in an enameled kettle; add a little water, sweeten with sugar to suit, and stew slowly till soft.

241 .Apple Sauce. (Another Way.)

Pare and quarter the best cooking apples; put them in a tin dish without water; set the dish in a kettle of boiling water until the apple is tender. It is an excellent sauce without any sugar.

Some families, by using nice cooking apples, make all kinds of cooked apple preparations without sugar, and so nicely is it done in this way that even one accustomed to sweetened sauce would hardly miss it.

242. Berry Sauce.

Blackberry, Raspberry, Cherry, Plum and Currant Sauce are made after one formula. Put the berries in an enameled kettle or saucepan, add a little water, sweeten to suit the taste, and stew slowly till soft. The more juicy the fruit, the less water is required to stew it.

FOOD AND DRINK FOR THE SICK.

When sickness is present, the opportunity is usually embraced by relatives and friends to so enrich the food and make it inviting as to cause the sick person to eat, in the aggregate, even more than he would do if he were in perfect health. This is a great mistake. Sickness implies, as a

necessity to speedy recovery, perfect rest—rest of the stomach as much as rest of the brain and body; and when food is used it should be of the plainest and simplest kind, and of a nature easily digested by the stomach and easily assimilated by the absorbents, and that will renew the blood with pure, clean, sweet cells.

The materials from which the food is made should be the freshest and best of its kind, and the utensils used should be perfectly clean. The food should be served in a tasteful and inviting manner; the water, also, should be fresh and pure.

243. Bran Tea.

Take of fresh wheat bran one pound, and of water three quarts; boil down to one quart; strain and sweeten to suit the taste,

244. Wheat Flour Gruel.

Mix smoothly a tablespoonful of flour with a gill of water; set on the fire in a saucepan a gill of new milk (slightly sweetened if desired), and when it boils add the flour and water; simmer together a quarter of an hour, stirring constantly.

245. Indian Meal Gruel.

Sift the Indian meal through a fine sieve; wet two tablespoonfuls with cold water, and stir till there are no lumps; then stir into a pint and a half of boiling water, and boil half an hour, stirring all the time. Sweeten to suit the taste.

246. Oat Meal Gruel.

Boil one or two ounces of oat meal with three pints of water to a quart. Strain and let it stand till it cools, and then pour off and use the clear liquor.

Drinks.—The best drink for the sick at all times is pure water; but in some diseases there is a de-

sire for acids, which desire is natural and should be gratified.

ACIDULOUS DRINKS.

The acid should always be vegetable, and as free from other properties as possible. Thus, in using lemon juice, avoid the bitter oil of the skin and other solid parts. Berries, steeped for acid drink, should not stand so long as to impart to the water the flavor of the more solid parts. Currants, dried carefully in the sun or by the fire (pains being taken not to scorch them), are the best fruit for this purpose. They should be dried on an earthen plate to avoid the unpleasant taste imparted by a metal pan or a board.

Take a small handful of currants, pour over them a pint of boiling water, letting them stand half a minute without stirring, then drain off the water, straining it through a cloth, and set it away to cool.

This should be diluted so much as to make the acid taste very slight. Great care must be exercised on this point, as almost every nurse will make the mistake of giving it too strong, because the patient desires it so prepared. If made as above described, it may be used freely to satisfy the demands of thirst.

UNFERMENTED DRINKS.

247. Raspberry Syrup.

Take nice ripe raspberries, either black, red or white, and mash them fine; scald them a few moments and press out the juice. Add half a pint of white sugar to a quart of juice; boil a few minutes, skimming carefully if any scum rises Bottle while hot, and cork and seal immediately.

This makes a very palatable and desirable summer drink when reduced with water. It will bear an equal part, or even more, of water. Less or more sugar may be used, as preferred.

248. Strawberry Syrup.

Take ripe berries and immediately press out the juice. Add sugar as for raspberries. Boil and skim. Bottle and seal while hot. Strawberry syrup prepared in this manner is a real luxury, in sickness or in health.

249. Blackberry Syrup.

Blackberries prepared in the same manner make a desirable and wholesome beverage; but whatever kind of berries is used, whether cultivated or wild, they should be well ripened, mellow and juicy, and not pressed too closely from the pulp and seeds.

250. Elderberry Syrup.

Elderberries, when very ripe and large, made into a syrup the same as above, are equally as desirable as blackberries.

251. Currant Syrup.

Currants—white, red or black—prepared after the same formula, are equally good. The juice of the different kinds of currants may be mixed to good advantage; or, which is better still, combined with raspberry, blackberry, or elderberry juice in any proportion convenient.

252. Pine Apple Syrup.

Pine apple juice makes a delicate drink when managed in the same way. Peaches and plums are both excellent, and cherries will do if nothing better can be obtained; but the syrup will not be so clear and lively as the others.

These juices must all be bottled as carefully as canned fruits to keep them from the least degree of fermentation.

UNFERMENTED WINE.

Unfermented Wine is the only wine that should ever be used, either at the Lord's Supper or elsewhere. The method of making it is to gather the grapes when well ripened, and carefully remove all decayed and unripe berries. Mixed varieties, or any one of the favorite varieties of grapes may be used. Press out the juice, and boil as long as any scum rises. Skim carefully from time to time. Do not boil to exceed an hour. Bottle while hot, and seal either in glass bottles, jugs, or air-tight casks. It is fit for use at any time, but after being opened it must not be allowed to ferment. It needs no sugar, and may be reduced when drank. This wine, when properly made, will be found a delightful and exhilarating drink, and especially serviceable as a drink for the sick.

WATER.

As WATER forms nearly three-fourths of the entire bulk and weight of the human body, it is very important that in its use it should be pure. If no salt or other seasonings were used with food, very little water would be required to drink, as vegetables and fruit are largely made up of water—water in its very purest condition. In determining pure water it should be understood that it is not always pure because it is transparent; for it may, as in the case of well water, contain sulphate and bicarbonate of lime, and, though transparent, it is very far from being pure.

The purest water known is rain water, and where springs are formed by rain water percolating through beds of sand or a gravelly soil, are often almost perfectly pure. River water comes next for softness and purity. Mineral waters, especially those extolled for their wonderful curative effects, are the most impure of all waters, and should be avoided by all healthy persons, and especially by the sick. Water conveyed through lead pipes should always be allowed to run some time before being used. When it is convenient, the new lead pipes lined with tin should be used in preference to the ordinary lead pipe.

To remove impurities suspended in common water filtration should be resorted to. A cheap and efficient filter, costing only a few pence, can be made in a few minutes, as follows:

Procure a clean flower pot, of the common kind; close the opening in the bottom by a piece of sponge; then place in the inside a layer of small stones, previously well cleaned by washing; this layer may be about two inches deep, the upper stones being very small. Next procure some freshly burnt charcoal, which has not been kept in a damp or foul place, as it rapidly absorbs any strong smells, and so becomes tainted and unfit for such purposes; reduce this to powder, and with it twice its bulk of clear, well-washed, sharp sand; with this mixture fill the pot to within a short distance of the top, covering it with a layer of small stones; or, what is perhaps better, place a piece of thick flannel over it, large enough to tie round the rim of the pot outside, and to form a hollow inside, into which the water to be filtered is to be poured, and which will be found to flow out rapidly through the sponge in an excellent pure state. The flannel removes the grosser impurities floating in the water, but the latter absorbs much of the decaying animal and vegetable bodies actually dissolved in it; when it becomes charged with them it loses this power, hence the necessity for a supply of fresh charcoal at intervals.

The principle on which the above filter is made can, with a little ingenuity, be embraced in any size or shape convenient or desirable.

Cool water can be obtained by filling a porous earthen or stone pitcher, or other vessel, and placing several folds of linen or cotton cloth around it. Wet them as often as they become dry, and the constant evaporation will gradually abstract the heat of the water within the vessel. When water is cooled with ice, the vessel should be so arranged as to cool the water by contact, and not by the immersion of the ice in the water.

How to Preserve Ice.—The keeping of ice for a considerable length of time for the sick room or domestic purposes is sometimes desirable. Make two bags of stout woolen fabric; the outer bag should be made at least two inches wider each way than the inner one. After placing one bag inside the other, stuff feathers between the two, and sew the two bags together at the top. Put a block of ice into a bag of this description, and it will be preserved from melting for nearly a week, when under exposure it would melt in less than an hour.

RULES FOR EATING.

Do not eat while exhausted in mind or body, for when the strength of nerve power is already worn out or used up, the digestion of food only makes a fresh demand upon it, and if it be unable to meet the demand, the food is only a burden.

Be cheerful at your meals. The benefit derived from food taken depends very much on the condition of the body while eating. If taken in a moody, cross, or despairing condition of the mind, digestion is much less perfect and slower than when taken with a cheerful disposition.

Eat slowly and masticate thoroughly. The adoption and careful observance of this rule will insure better health and longer life. The very rapid and silent eating so common among us should be avoided, and some topic of interest introduced at meals that all may partake in; and if a hearty laugh is occasionally indulged in, it will be all the better.

Avoid a great variety of dishes. An enjoyable meal can be made from two or three dishes. The more simple, plain, and the less varied the articles eaten at each meal, the better does good digestion follow and perfect health result. A well-founded objection to a great variety of dishes at our meals is that it leads to

Gluttony—a practice that, next to the moderate and immoderate use of alcoholic liquors, is the foundation-cause for most of the ills and evils that beset mankind. Concerning this desire for a great variety of food at each meal, and the gluttony that results, an observing Chinaman connected with Mr. Burlingame's late mission, in a letter written to his Government from Paris, says:

"We have dined at their tables, where the stomach is expected to receive with pleasure some thirty different objects of food, and perhaps ten different liquids. The French and other foreigners eat until they feel very uncomfortable, and require much medicine drugs, as may be seen by the many chemists' shops of this city. They had the same capacity as our pigs. Had you been here the other night, and observed how these people rudely scrambled for the food at the supper-table when we gave our *fete!* They put their hands violently on the dishes, and disputed with each other most roughly."

No fluids should be used while eating. Ignoring the fact of the existence of the salivary glands—situated in the mouth for the express purpose of moistening the food masticated—and flooding the stomach with water, tea, coffee, or other fluids, invariably results ultimately in great harm.

Two meals a day (breakfast at seven or eight

o'clock, and dinner at two or three o'clock) is a practice that is gradually winning much favor. All who try it long enough to establish the habit, and to experience the better health that results therefrom, have no desire to return to their old mode of living. When two meals only are taken in the day, preparations of wheat meal (Graham flour) should always constitute a good proportion of each meal.

Nothing should be eaten between meals—absolutely nothing—not even a nut, apple, raisin, or sweetmeat—and when apples, nuts, etc., are desired, they should be always eaten *with* the regular meal, and *never* between meals.

OBJECTIONABLE ARTICLES OF DIET.

ALL so-called articles of food that do not go to repair and build up the tissues of the body that have been broken down or wasted by thought or

action, and that are not easily digested and fully assimilated, are, as a rule, objectionable as articles of diet. Among the principal of these are—

Salt, which cannot be digested or assimilated, or in any possible manner repair or build up the tissues of the body. It enters the stomach as salt, and is thrown out of the body by the excretory organs pure and unchanged. Its use blunts the taste, irritates and clogs the skin, liver, kidneys, etc., produces a low, feverish, excitable state of the system, which results in a waste of vitality and predisposition of the body to disease. Its excessive use, in connection with spices, is also one of the causes for a desire for alcoholic liquors.

Pepper, *cloves*, *mustard*, *nutmeg*, *cinnamon*, etc., the pungent odor and aromatic taste of which are caused by a poisonous volatile oil, should also be avoided. Their use irritates the palate, stomach and intestines, and clogs the excretory organs, and leads to gluttony; in common with salt, they irritate the nerves and brain, but especially the sexual system. For this last reason, if for no other, they should be avoided by all men and women who desire to live a pure life sexually. It only requires a very moderate effort to give up the entire use of salt and spices, and when once the nerves of taste have acquired their pristine ability to realize and relish the pleasure derived from eat-

ing plain and simply prepared food, no further desire will ever be entertained to return to health-destroying highly seasoned food.

Sugar in excess, and even in moderate quantities, is objectionable as an article of food. As it exists in fruit it is perfectly healthy—otherwise it is not. When used it should be in very moderate quantities, and only the white, refined kind. The coarse, brown Muscovado sugar should never be used, for reasons which are convincing, but for which I have no room here.

Vinegar is an abomination. It does not supply an iota of nutrition, but, on the contrary, disturbs the functions of digestion, prevents the supply of nutriment, and when used in excess brings on paleness and wasting away of the muscles.

Soda, saleratus, baking powders, self-raising bread preparations, etc., have destroyed more teeth and stomachs in this North America than could, except by impossible statistics, be imagined or realized. When it is desirable to raise bread or cakes, the most unobjectionable article for the purpose is fresh, home-made yeast, but in the receipts for bread, etc., in this book not even yeast is required.

Self-raising flour is to be classed with the above, and is equally objectionable.

Milk is an abnormal production, and was in-

tended by Nature for the support of the offspring of the cow, and when the calf has attained the growth necessary to its ability to sustain itself, the milk would, if man did not interfere, dry up, there being no further need for it. This always results where the cow is allowed to live naturally, as in parts of Florida, Texas, and elsewhere. This being so, *butter* and *cheese* are not natural productions, and therefore are objectionable articles of diet. When milk is used, it should be from a cow fed on good grass in summer, sweet hay in winter, and plenty of pure water. When butter is used, it should be fresh and contain no salt. Butter, when properly made, can be kept as easily without salt as it can when carelessly made and, as usual, saturated with salt. Cheese should also be fresh. Old, stale cheese is decidedly objectionable.

Tea, *coffee*, *chocolate*, and *hot* drinks of all kinds, should be shunned by every man, and especially by every woman, who desires firm muscles, strong nerves, sweet breath, clear brain, smooth, bright complexion, and perfect health.

Pork, and the fat of all meats, should be avoided. Fat, whether connected with man or beast, implies disease, and it is not pleasant to think, while eating fat meat, that you are eating the diseased portion of an animal. Concerning pork,

such incidents as the following, resulting from its use, are constantly appearing in the papers:

"A special from Belvidere, Illinois, states that three persons belonging to a family of Germans living twenty miles south of that city had died from eating trichina pork. Eight others are prostrated from the same cause, and will probably all die. Trichina can be seen in immense numbers in the meat, and also in the flesh of those who have died."

Yet, notwithstanding these ever-recurring results, people will persist in eating the flesh of the dirtiest and filthiest of animals—the scavenger for all creation, and fit only "to cast out devils" in. Do not touch the vile thing.

Animal Food.—The best animal food is fresh beef or mutton, plainly cooked—roasting is the best method—without seasoning of any kind.

Salt meats, sausages, salt fish, pickles, and mince pies, are all utter abominations, and wholly antagonistic to a healthy body.

Fish, as an article of diet, is worthless. During a famine in Orissa, the coast people, who perished in the largest proportion of all, had an abundant supply of fish; but, without vegetable food, it failed to sustain nature, and they died as complete victims of starvation as those who had no food at all; in fact, the famine was most severe among

them. This fact is vouched for by excellent authority.

There are many other articles of diet in daily use that are objectionable, but the above are the most noticeable.

POISONS IN DAILY USE.

WHEN people, in eating, confine themselves to plain and simple food, cooked and eaten as nearly as possible in its natural condition, they can easily avoid the bad effects that frequently result from adulterations; for nearly all the articles below mentioned as being more or less poisoned in their preparation and manufacture are not required as food by those who desire to live healthfully.

Tea is adulterated with exhausted tea leaves; leaves of the beech, elm, horse-chestnut, hawthorn and sloe; excrements of silkworms; sand, earth, and gum combined, which are so treated as to take

on the appearance of dried and rolled leaves. For coloring tea, chrome yellow, venetian red, Prussian blue, sulphate of lime, verdigris, carbonate of copper, arsenite of copper, chromate and bi-chromate of potash, etc. Tea is flavored with catechu, sulphate of iron, and exhausted tea leaves are flavored with the refuse powder of tea.

Coffee.—Adulterants used for bulk and weight are chickory, roasted beans, acorns, mangel-wurzel, roasted wheat, rye and potatoes, damaged coffee, sawdust, old sea biscuits, oak barritan and brick dust. For color, burnt sugar, madder root, roasted horse-liver, and burnt blood, have been used.

Milk is mixed with water, flour to thicken it, and a ball of annoto is swung round the can to give it a rich color. The swill milk sold in many large cities is the product of cows with ulcerated tails and udders, toothless mouths, and otherwise a living mass of disease. Among the many causes that help to increase the number of deaths of children under five years of age, the use of impure city milk stands prominent.

Flour.—For bulk and weight, rice, beans, rye Indian corn, hydrated sulphate of lime, chalk, bone earth, plaster-of-Paris, powdered flints, old or damaged flour. The effect of the inferior flours mixed with wheaten flour is to cause the bread to absorb much more water, and thus add to its weight, sub-

stituting water for flour. Alum is used to give a proper taste to adulterated flour.

Bakers' bread is adulterated with alum, white clay, bone dust, potatoes, and flour from damaged wheat.

Chocolate and *cocoa* are adulterated with flour, Indian corn, potato flour, sugar, chicory, corn husks, old sea biscuits, animal fats, molasses, sulphate of lime, chalk, and are colored with venetian red, red ochre, red lead, vermillion and yellow ochre.

Sugar.—Wheat flour, potato flour, sand, plaster-of-Paris.

Vinegar.—Sulphuric and other acids, water, cayenne pepper, mustard seed and salt.

Pickles—an article which no person desiring a healthy body should ever eat—are adulterated with salts of copper and mineral poisons to give a light green color, and with adulterated vinegar.

Confectionery.—Arrowroot, wheat and potato flour, hydrated sulphate of lime, potter's white clay, chalk, plaster-of-Paris, and sand. For coloring, cochineal, lake, indigo, Prussian blue, carbonate of lead or white lead, vermillion, chrome yellow, gamboge, arsenite of copper, Indian red, brown fersuginous earths, cobalt, smalt, litmus, Naples yellow, etc. Cheap candies everywhere are more or less adulterated, and although high-priced con-

fectionery is supposed to be free from adulterations, the most certain method of avoiding poisoned candies and sweetmeats is to ignore their use entirely. The eating of these does no good, but invariably harm, causing decayed teeth, intestinal inflammation, nauseating headache, colic, and often convulsions. Especially should all confectionery be kept from children.

Honey is adulterated with flour, starch and sugar.

Cream tartar is largely adulterated with terra alba or white clay.

Butter is adulterated with salt to the amount of thirty per cent., and lard is used to mix with it.

Water is poisoned by being conveyed in lead pipes or standing in pails painted on the inside.

Cooking Vessels.—Copper and lead used in cooking utensils and water pipes are fruitful causes of gastric complaints. The tin with which cooking vessels are lined is accepted as a safeguard against the communication of any poison from the metal of which they are made, but it may be a source of injury instead of a preventive. Thus: cooks often only half-fill their saucepans, and .then the flames that wrap around them overheat the portions above the liquid, and oxidize the tin. The liquid becomes impregnated with the metal, which, when it gets into the stomach, combines with the gastric juice and forms a most irritant poison. This is not

all. Your modern tinman ekes out his expensive metal, the tin, by a generous admixture of lead, which is much cheaper The plan to adopt is to discard everything but iron, plain or enameled, for culinary articles.

ON PRESERVING, CANNING AND DRYING FRUITS AND VEGETABLES.

Preserving Fruit with Sugar..—The old method of preserving fruit by using sugar in large or small proportions is greatly to be deprecated. The use of these "preserves," or sugar flavored with fruit, is very frequently the cause of disease—deranging the stomach and liver, obstructing the excretory department of the body, and causing innumerable petty ills. Especially are these effects noticeable when preserves are fed to children. No mother who has a just regard for the health and beauty of her children, should ever permit them to eat such an indigestible and unwholesome mass as preserves,

or sweetmeats of any kind, or in any quantity. Sugar is not a natural production—it is not food, and when used to preserve fruits it spoils their natural qualities, and makes them less than worthless as an article of diet.

CANNING FRUIT.

Great care is necessary to can fruit with neatness and success. Many people do it too hurriedly and carelessly to succeed, and then will blame anything but themselves—as, for example, the fruit, the can or jar, the tin-solderer, or the man or woman whose fruit-canning theory they tried to follow. To be successful, a careful and faithful observance of the following rules is all that is required :

1. *Canning.*—Fill your glass, stone jar or tin can brimful of peaches, pears, plums, berries, or other fruit in hand, and set the jar or can in a large vessel—say a wash-boiler—containing water sufficient to cook the fruit in the can or jar sufficiently—say fifteen minutes—to *expel the air* from its contents. It is absolutely necessary that the air be expelled, and the cooking should be continued until this is effected. The water in the boiler must stand *a little over two-thirds as high* as the jar or can, and care should be taken not to get any of the water into the fruit. A little straw should be placed

under the bottom of the cans, else the water cannot get under them, and the fruit will burn.

2. *Settling.*—As the cooking fruit settles down, or shrinks in bulk, fill it up with fruit from another vessel whose fruit is cooking at the same time.

3. *Sugaring.*—When the cooking is done, pour into your fruit jar or can (if you want it sugared) some boiling syrup, made of one quart of water and half a pound of sugar boiled together in a clean brass kettle. But it is not necessary to use any sugar to preserve fruit of any kind, as was heretofore supposed; and indeed all fruit retains its natural flavor and condition better *without* sugar than it does or can with it. Therefore, if sugar *is* added, it should be but a very small quantity—only enough to make acid fruit more pleasant and palatable, *but no more.*

4. *Sealing.*—After cooking as above, close the can or jar up air-tight as quickly as possible, and after cooling set them away in the cellar, in some dry, cool, dark place, for future use. The sealing or soldering must be thorough and complete to insure perfect exclusion of air.

5. *The fruit used* should be fresh and perfectly sound, and free from spot or blemish.

6. *Preparation of Fruit.*—Peaches, pears and plums should be pared and halved—or quartered if quite large—and have the stones or seeds re-

moved. Strawberries, blackberries, raspberries, gooseberries, whortleberries, currants, etc., require no preparation.

7. *Heating the Fruit.*—The fruit should be made quite hot, or heated through and through, to change its albumen, and also to expel all the cold or ordinary air from it, as a small amount of such air in the fruit or cans will make the fruit ferment and turn sour, and perhaps burst the can. This thorough heating of the fruit or can is absolutely necessary to successful canning. To secure this, the fruit must be heated up to the *boiling* point, and kept at it while the can is being filled, that the rising steam may displace all the ordinary or common air from the fruit and can. An excellent plan of steaming is to have a piece of sheet iron cut the shape of the wash-boiler, and freely perforated with half-inch holes, so as to allow the free escape of steam. Have it mounted up on legs, so that it will stand clear from the water, which should be only a few inches deep in the bottom of the boiler.

8. *Sugaring of the Fruit.*—It is well to repeat that peaches, pears, tomatoes, and indeed all sorts of fruit, can be kept perfectly in cans *without the aid of sugar.* For it is not the presence of sugar that keeps the fruit fresh in cans, since the fruit owes its palatable, natural and healthy conditions simply and entirely to the fact *of its being inclosed*

in a perfectly air-tight vessel—and hence sugar *is not* necessary in canning fruit.

9. *Closing the Cans.*—The tin cans or stone or glass jars themselves should also be well heated by their standing upon some part of the hot stove, where they will heat so very gradually or slowly that there will be no danger of their breaking by heat while the fruit is being put into them. Care must be taken not to make them too hot.

10. *Cans Used.*—Tin cans are most commonly used, but are decidedly objectionable for canning fruit for the following reasons: 1. Because acid fruits corrode tin, and so poison the fruits. 2. They impart to sweet fruits an unpleasant and unwholesome flavor. 3. The mouths of the cans must every year be solder-shut with new tin by the tinner, and altogether they are unhealthy, troublesome and expensive. Stone jars that have a hard, glassy coating on their outer and inner surface, and that are corked up, or otherwise made air-tight, are good; but glass jars are the best, because they never impart an unpleasant flavor of any kind, and in them the condition of the fruit can always be seen. The only objection to glass jars is their expensiveness and great liability to breakage. But with careful handling their self-sealing, air-tight fixtures will render them the cheapest and best of all fruit jars. Of the great variety of patented

glass jars, judgment and experience must decide which patent is the most desirable.

CANNING VEGETABLES.

Nearly all the above directions are equally applicable in canning vegetables, except that it requires a much longer time to expel the air from vegetables than from fruit. Tomatoes, corn, beans, etc., when rightly managed, are more easily preserved in tin cans than otherwise. A little practice will enable any housekeeper possessed of ordinary ingenuity to do her own soldering. After soldering, to know whether they are tight, examine the ends; if they hollow *in*—are concave—they are all right; if they bulge out—are convex—better unsolder the hole and heat them over again. Tin cans can be opened by placing live coals upon the solder, when it will melt in a few minutes.

Tomatoes.—Tomatoes intended for canning should be freshly picked, but should not be too ripe; put into a tin pan or earthen dish, and pour boiling water over them; this will loosen the skins, so they can be peeled quickly and without difficulty; next fill the cans with the peeled fruit as full as possible. (From a fourth to a third of the watery part of the tomato may be rejected.) Put on the covers and solder them on; with a fine

pointed awl prick a very small hole in the cover—the smaller this hole the better. Then place the can or cans in a boiler over the fire, and continue as mentioned on page 102 (No. 7.) Allow the tomatoes in the can to boil five or ten minutes, and then with a drop of solder close up the lid.

Green Corn.—An excellent method of preserving green corn is to first boil the corn fifteen minutes on the ear. This hardens the outside of the grains so that they are readily shelled. Then the grains should be dried in pans for an hour in an oven at a moderate heat, or else they should for a day be spread out in the warm sunshine. Then fill the tin cans with it, leaving a half inch of space; put a gill or so of water into each can, and seal up, leaving only an aperture for the escape of gas, as directed in tomatoes. Next place the cans in a flat-bottomed vessel—such as already mentioned—and boil moderately three-quarters of an hour; and with a drop of solder seal up the vent in each can as it is taken from the vessel, and keep in a cool place. Corn prepared and canned in this way will keep perfectly sweet and good as long as desired.

CEMENT FOR CANS

Can be made by melting together one pound of resin, two ounces of beeswax, and one and a half

ounces of mutton tallow. Melt together and keep for use.

SOLDERING.

A soldering iron for home use should be about an inch in diameter and three or four inches long. The iron is made of a piece of copper, with an iron handle keyed, screwed or forged into one end. This can be procured of a tinsmith or at some hardware stove. At the same time get one, two, or more pounds of solder, according to the amount of work to be done.

Next it is necessary to "*tin your iron,*" if it has not already been done by the tinman; as a tinner is not always to be had, home directions for doing it will not be out of place here.

A very smooth brick or stone is best for the rubbing block, but a smooth piece of wood will answer. On this put a little pulverized resin; then heat the iron enough to melt the solder when put in contact with it, first smoothing the faces of the iron with a fine file; place the faces of the iron in succession on the rubbing block in the resin, dropping a few drops of solder also on the block; rub briskly until the faces are well covered with solder, and then the iron is ready for use. It must be well covered, or the solder will not flow when it is wanted.

In soldering tin, pulverized resin is used to make the solder stick—for other metals acid is used. Acid can be used for tin. A good recipe for an acid is: To one ounce of muriatic acid add as much zinc filings or clippings as it will dissolve, then add three ounces of water.

In soldering, first sprinkle the parts to be joined with resin, or wet them with the acid; hold the soldering iron in the right hand and the solder in the left; place the point of the iron on the work, and touching the solder to the iron it will flow on to the parts to be united. In small work, where it is necessary to use one hand to hold the parts, lay the stick of solder on the table close at hand, and touch the iron to it. A few drops will adhere to it, which can be thus conveyed to the work. In all kinds of work it is necessary to have the parts to be united bright and clean, else the solder will not stick.

DRYING FRUITS AND VEGETABLES.

Small Fruits.—In drying small fruits, a day on which the sun shines clearly should be employed; for it has been found that drying in the sun is greatly preferable to drying by artificial heat, as the fruit retains more of its natural flavor.

An excellent and easily available method for

drying is by the aid of an ordinary hot-bed. A floor is laid inside on which to place the fruit; then put on the sash, raising both the upper and lower ends about two inches to admit of a free circulation of air, or the fruit would bake as in an oven. In this way the fruit will not be wet in a shower, nor will it be troubled with insects, which will be kept away by the covering and intense heat.

Blackberries, strawberries, cherries, etc., that are somewhat tasteless when dried, will be improved by first putting into a porcelain kettle, with water sufficient to keep from burning, and keep over the fire until boiling hot; they should not be allowed to stew; skim out the fruit to the juice and scald as before. When all is scalded, simmer the juice until it is quite thick, and pour over the plates of fruit. Then dry by artificial heat, the sun, or as above, in a hot bed. When perfectly dry put into cloth or strong paper bags, and hang up in a dry place.

To Dry Apples.—Pare, quarter and core (cutting in quarters is preferable to slicing, as more of the flavor is thus retained.) String upon strong twine of a convenient length, tying the ends. Dry in a horizontal position, so that the apples will not slide together, upon frames hung upon the south side of a building. They should be dried in clear, dry weather, and never exposed to the dew, wet, or

night air. Such exposure turns them a dark color, which not only lessens the market value of the article when offered for sale, but renders them less desirable for culinary purposes. After exposure for some days to the air and sun, remove to a light, airy chamber, and thus perfect the process, keeping open the doors and windows while the sun is above the horizon, but securely closed while it is below. Dried apples made in this way will be found to be greatly superior to the same article made in the ordinary careless manner. Sound and perfect fruit alone should be selected for this use.

To Dry Creen Corn.—Very few things, when cooked, spoil so soon as green corn. Hence most of the dried green corn is more or less sour. The quickest drying is the best. Pick it early in the morning, boil it at once, shave and scrape it off the cob, and spread it on boards in the hot sun, covering with glazed sashes slightly raised—the hot-bed sash if you have one.

When perfectly dry, scald in a moderate oven with a paper over it, or in jars set into boiling water, to make sure that no worms will trouble it. Put into perfectly tight paper bags, tie closely, and put away in a dry room. When wanted for use, look over but do not wash, put on the stove with four or five times its measure of water, and let it soak three or four hours, steeping fifteen or twenty minutes at the last.

To Dry Green Corn—Another Mode.—Remove the corn from the cob as in recipe No. 27, taking care to cut it very fine. Scald it in a steaming apparatus, or by placing it in pans, covered, for half an hour over boiling water. Stir frequently. Spread it out on plates, and dry quickly in the warming closet or oven, taking great care not to burn it. If it can be dried in a brisk wind, while the sun is shining, it will be very white. It should dry quickly, that the sugar may not change; but scorching spoils it. For method of cooking see recipe No. 28.

To Dry Green Corn on the Cob.—Gather the ears when the grains are fully developed, before they begin to glaze. Lay them, in warm, clear weather, on boards out in the sun, or indoors over a steady heat from a stove, drying gradually for ten days, until the grains are shriveled like sugar corn, and all the moisture is dried out of the cob. Then pack in wooden boxes, and keep where there is no dampness and but slight atmospheric change. When wanted for use, soak ten or twelve hours in tepid water, when the grains will be found fairly filled out, and the result will be boiled green corn on the cob almost equal to that but an hour from the field.

To Dry Pumpkin.—Cut the pumpkin through laterally, clean the inside; then continue to cut, in

the direction as before, rings about half an inch thick. Cut off the rind, and hang the rings on a pole in the sun or a warm room to dry. When well dried it will keep a year. It is to be boiled in plenty of water until tender, then skimmed out and prepared for pies the same as undried pumpkin.

To Dry Pumpkin—Another Way.—Take the ripe pumpkins, pare, cut into small pieces, stew soft, mash and strain through a colander, as if for making pies. Spread this pulp on plates, in layers not quite an inch thick; dry it in the stove oven, which should be kept at so low a temperature as not to scorch it. In about a day it will become dry and crisp. The sheets thus made can be stowed in a dry place, and they are always ready for use for pies or sauces. The quick drying after cooking prevents any portion from slightly souring, as is nearly always the case when the uncooked pieces are dried; the flavor is much better preserved, and the after-cooking is saved. To use, soak the pieces over night in a little milk, and they will return to a nice pulp as delicious as the fresh pumpkin.

To Dry Green Peas.—Gather them full grown; shell and place them for a moment in boiling water. Drain quickly and dry on tin plates. Place them in bags, and keep them in a dry, pure atmosphere.

To Dry Creen Beans.—Choose those that are young and tender; shell, and put as many as will be covered in a pint of hot water; let them boil five minutes, skim out and spread on plates to dry. So continue till all are scalded. Dry away the water to a thick syrup and sprinkle over the beans. Drying in the sun is preferable to artificial heat. In dull weather dry in a warm oven.

PRESERVING FRUITS AND VEGETABLES IN THEIR NATURAL CONDITION.

Keeping Apples.—The keeping of apples through the winter, though better understood than formerly, is not as perfect and systematic as it ought to be. The apple being our best fruit, no want of knowledge should be left unsupplied as to the best method of prolonging it in a state of freshness and soundness to as late a period as it is susceptible of. A large proportion of apples is lost by imperfect storing. The cellar or fruit room in which they are contained should be neither too dry nor too moist. If moist, the fruit will rot; if dry, it will shrink. Open bins, unless the cellar or fruit room be very damp, will dry the fruit. Open barrels are less affected in this way, but still they are affected. The best way is to close the barrel after the fruit has passed through its sweating—which it

will do in a few days—and leave a small open space, say a couple of apertures across the head ot the barrel, of half an inch or less in diameter. Success depends mainly on *temperature*, which should be uniform and low, keeping it at the freezing point, or just out of its range. When this is attained there will be little change in the fruit, either to rot or to mature, and it can be kept perfect the winter through.

A little fresh air is also a benefit; and if the air is not warm or damp, but if its temperature is the same or a little lower than that of the cellar or fruit room, the windows should be raised occasionally.

Preserving Apples—Another Method.—Erect shelves in the cellar expressly for fruit—pears and apples. Let them be about two feet wide and one foot apart, and as many and as long as may be desired, commencing six to twelve inches from the bottom. The shelves should be formed of slats two inches wide and one inch apart, and the fruit laid in single layers. The tier should have a close board bottom, which should be covered with an inch of fine fresh lime, which should be renewed two or three times during the winter. The cellar should be ventilated at mid-day for an hour, daily, (as every cellar ought to be under all circumstances) unless the weather is too cold. The temperature

should of course never be allowed to fall below the freezing point. If from the fact that the temperature should be raised above fifty by reason of a heater, it must be counteracted by the admission of outside air. The fruit should be sorted over weekly.

This is not nearly as troublesome as it appears to be when once adopted; and the fact that it will preserve "winter" apples and pears until March and April, wlll render the labor one of pleasure as well as profit.

Preserving Apples—Another Method.—Obtain refuse boxes, such as can be had from groceries or country stores. In the bottom of the box spread a layer of *dry* sawdust, and then a layer of apples placed in it so that they will not touch each other. Upon these place a little layer of sawdust, and so on until the box is filled. The boxes, after being packed in this way, should be placed on a shelf in a cool, dry cellar, where they will keep perfectly, and retain their freshness and flavor until wanted.

Preserving Apples—Another Mode.—The following is a plan which is simple and efficacious. The apples and pears should be placed in glazed earthen vessels, each containg about a gallon, and surrounding each fruit with paper. These vessels, being perfect cylinders, about a foot each in height, stand very conveniently upon each other, and thus

present the means of preserving a large quantity of fruit in a very small room; and if the spaces between the top of one vessel and the base of another be filled with a cement, composed of two parts of the curd of skimmed milk and one of lime, by which the air will be excluded, the later kinds of apples and pears will be preserved with little change in their appearance, and without any danger of decay, from October till February and March. A dry and cold situation, in which there is little change of temperature, is the best for the vessels; but the merits of the pears are greatly increased by their being taken from the vessels about ten days before they are wanted for use, and kept in a warm room—for warmth at this, as at other periods, accelerates the maturity of the pear.

Preserving Apples—Another Method.—The following method is from an English agricultural periodical published more than thirty years ago. It is to immerse the apples in corn, which receives no injury from their contact. The word corn means any cereal grain, such as oats or barley, and not simply maize. As this method is simple, and easily available at any farm house, it is worthy of trial.

It is almost needless to mention here that no apple will keep late, by any process of packing, that has been bruised or injured in picking. Ap-

ples should be handled carefully, and the less they are moved about after having been picked, the better. A large part of the fruit sold in market has been so injured by careless gathering, pouring into barrels, and rough handling while on the way to market, that it soon decays, no matter what treatment it may be subjected to for the purpose of keeping.

Preserving Grapes.—Take boxes the size of candle-boxes; nail pieces across the ends to lay slats on; put in the bottom a newspaper. Have ready a dish of hot sealing wax, and dip the ends of stems in this. Put in a layer in the box carefully, then a paper, then put in your slats, then a paper, then grapes again, and so on till full—not more than three layers in a box. Nail up tight; keep in a cool, dry place until cold weather; then place in a dry cellar. Grapes in this way will keep till March.

Preserving Grapes—Another Mode.—Pick *when thoroughly ripe*, and after the end of the stem next to the wood has become ripe, hardy, and woody, so as not to bend. Allow them to remain in bulk in the open air two or three days to sweat, and then put in boxes—a layer of perfect grapes alternating with a layer of *good*, clean cotton. The lids of the boxes are then to be put on, and left partially open. Place in a dry, cool room, where

an equable temperature is secured. Grapes that ripen late are best kept in this way.

Preserving Grapes—French Mode.—The French preserve grapes all the year round by coating the clusters with lime. The bunches are picked just before they are thoroughly ripe, and dipped in lime water of the consistency of thick cream. They are then hung up to remain. The lime coating keeps out the air and checks any tendency to decay. When wanted for the table, dip the clusters into warm water to remove the lime.

Preserving Grapes—Another French Mode.—Much interest was excited during the Paris Exposition of 1867 by the excellent state of preservation in which grapes were exhibited by certain vine-growers of the village of Thomery, near Paris. A recent report of the methods adopted for the attainment of their object furnishes the following information: The grapes to be kept are carefully selected and removed from the vines on a dry day in the month of September or October, care being taken to have a stem of three or four inches in length, and a few of the leaves attached to it, if elegance of appearance is desired. The grapes are placed on lattice frames, and allowed to dry for a short time, with the windows and doors of the room in which they are kept open in fine weather. The room is, however, then to be completely

closed, and no light admitted, except that of a lamp or lantern when entrance is required. Frames are to be placed around the walls, in which are inserted numerous glass bottles, and so arranged as to be held firmly erect by means of a perforated board, through which the upper end of the bottle is passed. Long tables are set in the middle of the room, also, upon which are laid, horizontally, cylinders of earthenware or of iron, about three feet in length, and about two inches in diameter, and with two rows of perforations near the median line above, in which are cemented short glass tubes—about twelve on each side. A rather larger hole is placed at one end on the very top of the cylinder, into which likewise a tube is inserted. These vessels, both bottles and cylinders, are filled with water, into which a small amount of powdered charcoal has been put to keep it sweet. The portion of vine-stem attached to the cluster is then inserted through the tube into the water, and allowed to remain until the grapes are finally removed for sale. A constant examination is made of the stock, and all defective or rotten bunches are carefully removed.

The chamber is kept constantly dark, and warmed artificially only when the grapes are threatened with freezing. In this way grapes may be kept for months unchanged, and ready for use

at any time; and it will be readily understood what profits some of the cultivators obtain, when we state that one of them puts up five thousand pounds of grapes every year to supply the demand of the winter and early spring, and at a time when their value, even in Paris, may reach from three to five dollars a pound.

Raisins are prepared in the same establishment by simply laying the grapes on lattice frames, bedded with dry straw, and placed one above the other. The bunches are laid side by side, but not quite in contact. For the first fourteen days, if the external air is not damp, the windows and doors are allowed to remain open. After that everything is closed, and they are kept, as before stated, entirely in the dark.

NOTE.—For many of the recipes in this work the author is indebted to articles furnished to a weekly paper by Julia Colman, and to "The Health Reformer's Cook Book," by Mrs. L. E. Jackson.

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